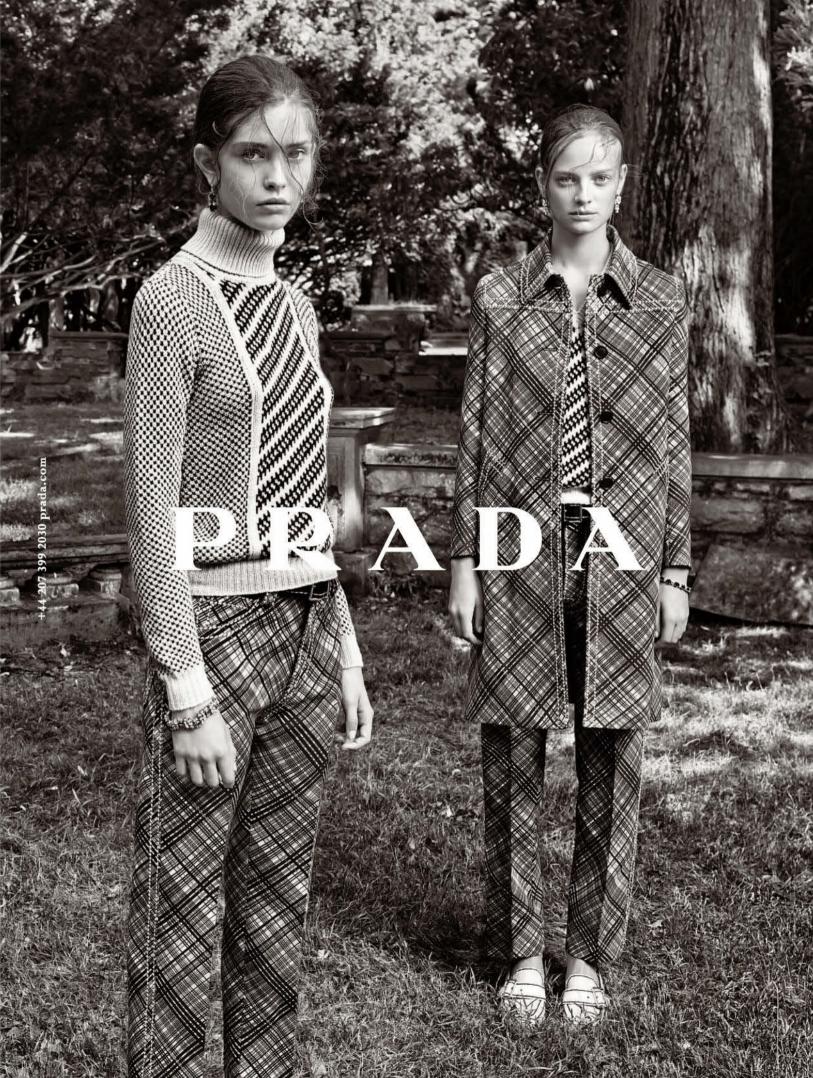


Dior















Louis Vuitton and Rei Kawakubo celebrate the W Monogram



2014, Six Iconoclasts, One Icon: CHRISTIAN LOUBOUTIN, CINDY SHERMAN, FRANK GEHRY, KARL LAGERFELD, MARC NEWSON and REI KAWAKUBO take inspiration from the iconic LOUIS VUITTON Monogram.



LOUIS VUITTON







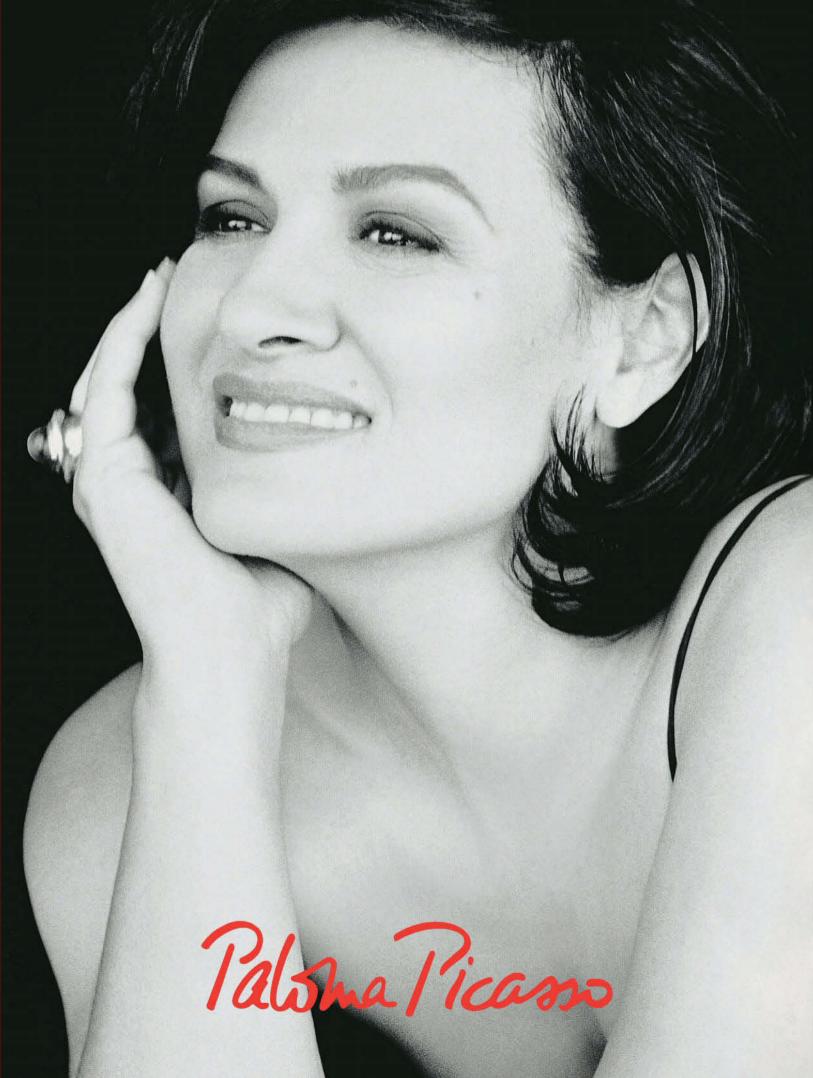


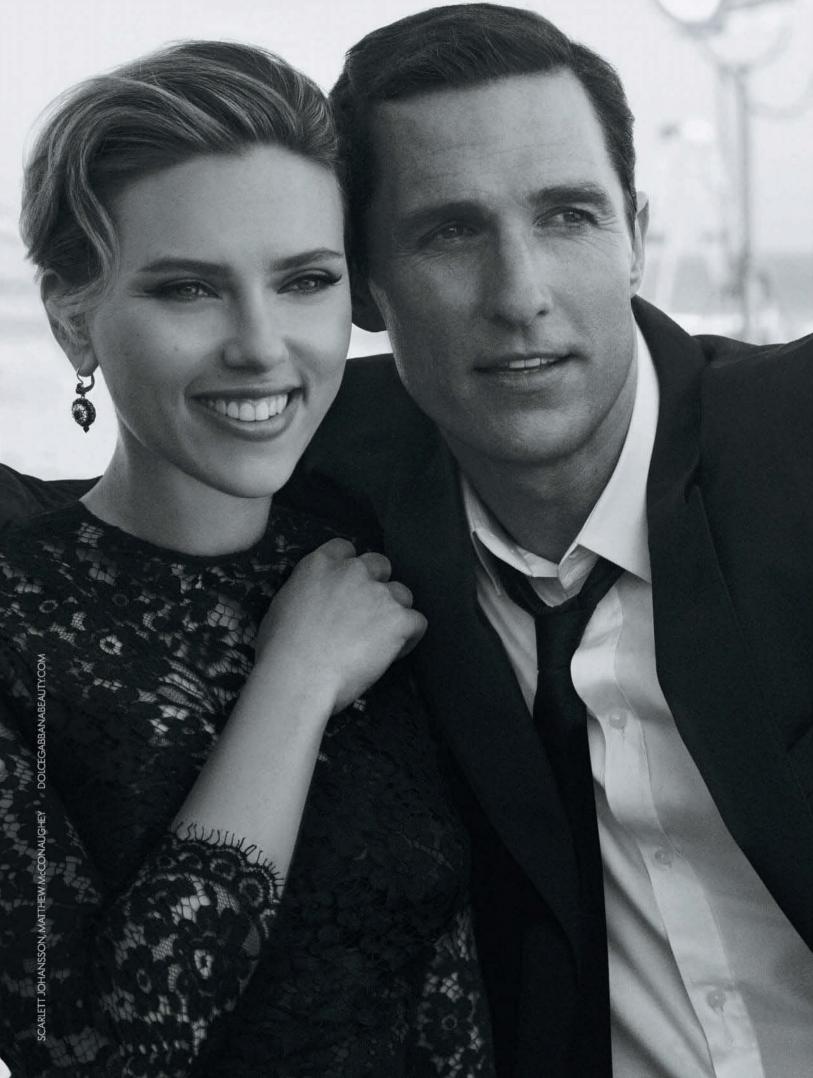
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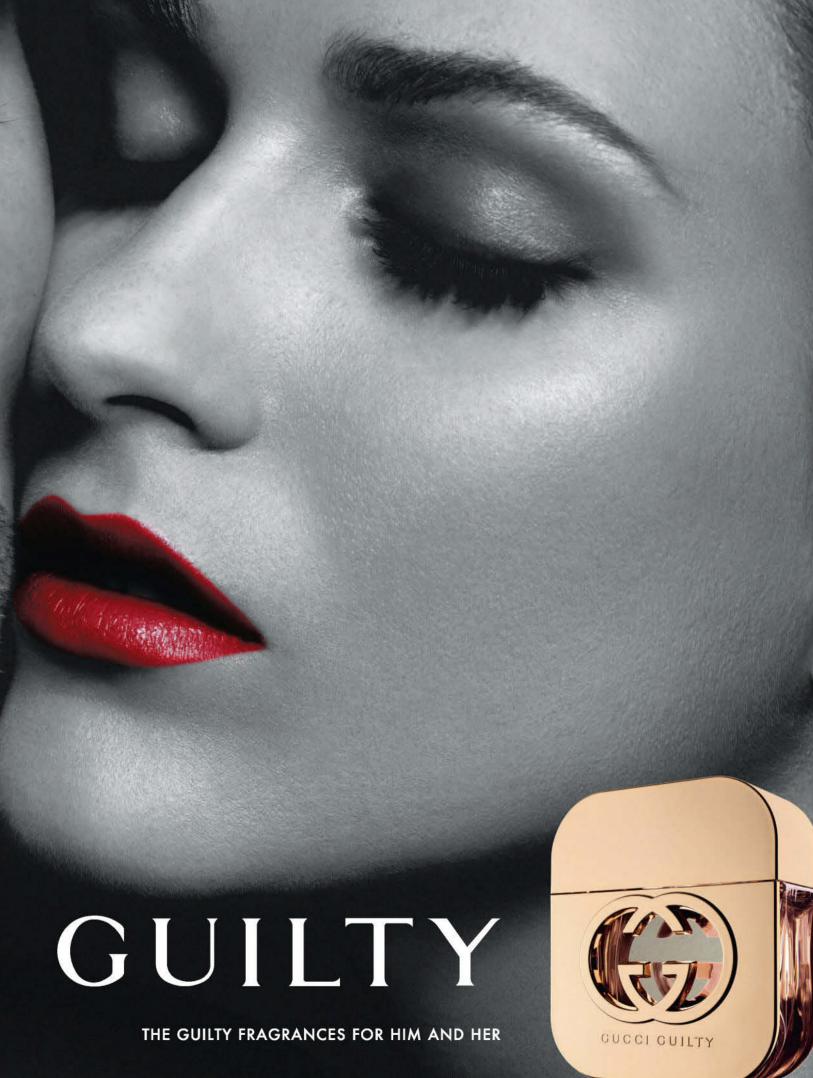


DOLCE & GABBANA the one DOLCE & GABBANA the one DOLCE & GABBANA the one



GUCCI

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Who rules the world? Kim Kardashian West proves self-belief can conquer all





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Photography: 3 Objectives, Luke J Albert, Bek Andersen, Kal Griffig, Jean-Baptiste Mondino.

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Photography. Jean-Baptiste Mondino. Fashion: Anne-Marie Curtis. Hair: George Northwood using Redken. Make-up: Lisa Eldridge at Premier Hair and Makeup (lisaeldridge.com) using Charlotte Tilbury Beauty. Manicure. Emma Welsh at Lovely Management. Seamstress: Leah Hall at Chapman Burrell. Talent: Kim Kardashian West. Behind-the-scenes film: Jamie Jones at Beyond Fiction. With thanks to: Sunbeam Studios. On the newsstand cover: Cotton shirt, Balenciaga. Silk knickers, La Perla. White gold and diamond earrings, Louis Vuitton Fine Jewellery. Leather belt, Black & Brown. Ring, Kim's own. On the subscriber cover: Leather jacket, Burberry. Cotton top. James Perse. Rayonmix skirt, Hervé Léger. White gold and diamond earrings, De Beers. Ring, Kim's own. On ELLE's special Kim cover: Black and white cotton-mix top, Balmain. Black slik knickers, La Perla. White gold and diamond earrings (just seen), Louis Vuitton Fine Jewellery, Ring, Kim's own. Skin: Light Wonder Foundation, £32. Beach Stick in Moon Beach, £30. Filmstar Bronze & Glow, £49. Eyes: Brow Lift, £22.50. Luxury Eye Palette in Golden Goddess, £45. Full Fat Lashes Mascara, £22. Lips: Lip Lustre in Sweet Stiletto, £16.50. All Charlotte Tilbury Beauty. On ELLE's special male cover: Photography. Aitken Jolly, Fashion: Grace Cobb. Grooming: Johnnie Sapong at Jed Root using Leonor Greyl and Dr Hauschka. Talent: Eddie Redmayne. With thanks to Loft Studios. Eddie wears: Denim jacket, vintage Levi's at Blitz London. Denim shirt, Tom Ford. Published 4 December 2014





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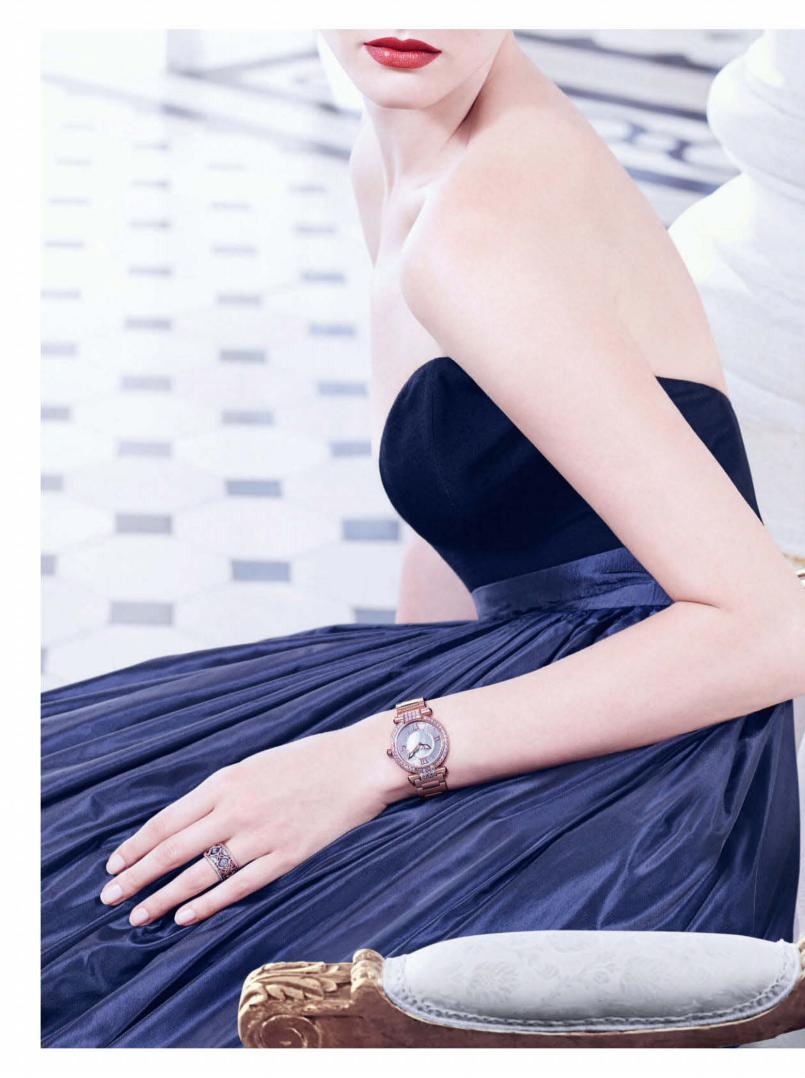




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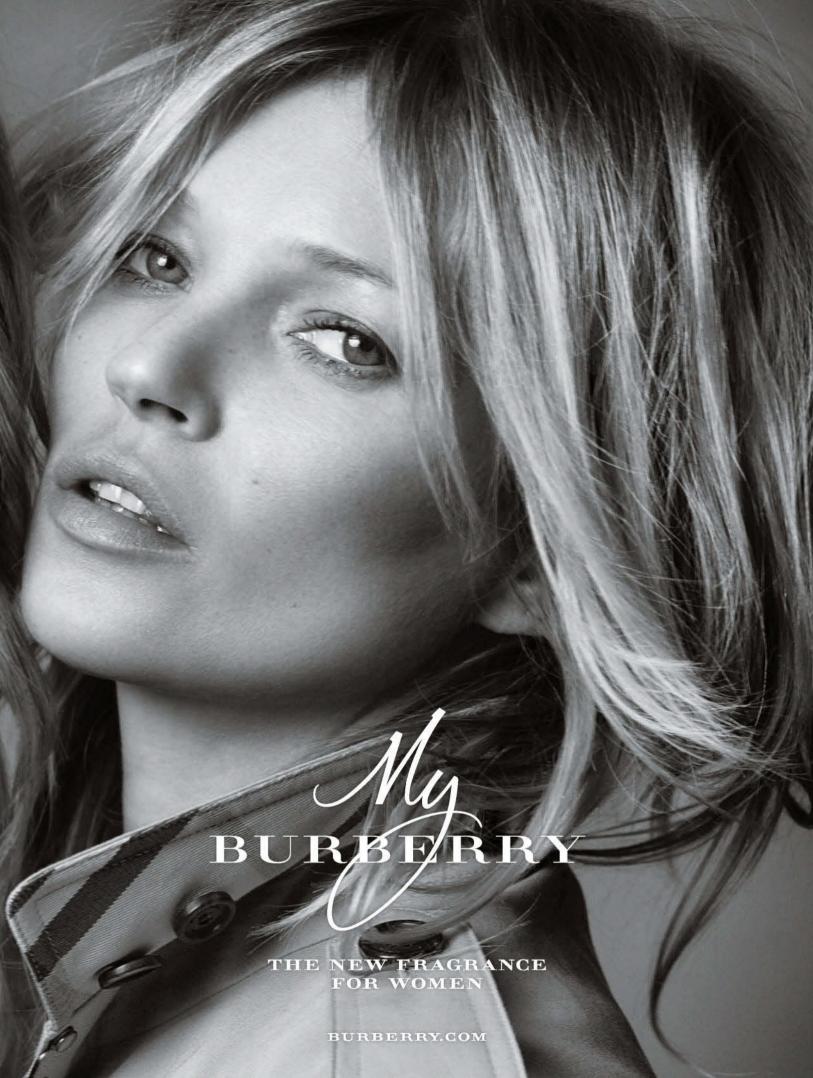
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HALLEY BRISKER

London-based hairstylist Halley was born and raised in California, and pursued hairdressing from the age of 16. Edward Norton would play him in the film of his life, and if he could only take one thing to a desert island, it would be a sketchbook. He has worked with Lily Allen, Rosamund Pike and Kylie Minogue. See his work in How To Build A Wardrobe (p150).

#ELLEBookClub pick: Beelzebub's Tales To His Grandson by G. I. Gurdjieff (Penguin)





MARK SMITH

The best piece of advice Amsterdam-based iournalist Mark Smith has ever received? 'My dad told me to invest in a good mattress and great shoes. Because at any given point, you'll be using one or the other.' Mark is Senior Editor at Fantastic Man magazine, and his karaoke song is George Michael's Faith: 'If you can nail the timing of that pause in the middle, it's uncommonly satisfying.' Mark interviews actor Eddie Redmayne on p122.

#ELLEBookClub pick: Us by David Nicholls (Hodder & Stoughton)

#ELLEINSPIRE

It is never too late to be what you might have been'

- GEORGE ELIOT



ESTHER FREUD

Novelist Esther is the great-granddaughter of Sigmund Freud, and describes herself as 'restless, optimistic, patient and determined'. Esther was an actress before turning to writing, and is now the author of eight novels including Hideous Kinky. Read her life in books on p76.

#ELLEBookClub pick: Dear Thief by Samantha Harvey (Jonathan Cape)





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SHINOBU ABE

Shinobu is a Japanese make-up artist based in east London. She originally had ambitions to be a hairstylist, but the best decision she ever made was 'dropping the hairbrush and picking up a makeup brush instead'. If Shinobu could time travel, she would go back to 1950s Japan and 'wear a kimono every day'. To date, she has worked with famous faces such as Helena Christensen, Sienna Miller and Eva Green. See her work in How To Build A Wardrobe (p150).

#ELLEBookClub pick: 1Q84 by Haruki Murakami (Vintage)

THEY MADE THIS



BEAUTY SCHOOL

It's in your eyes - the key to beauty, that is. Linda Cantello can make yours look bigger and brighter on p179. Then master a/w 2014's most-wanted updo on p176. Your party season look just got sorted.

WHAT ELLE WEARS

From the editors to the interns, see what we wear to work every week. Visit elleuk.com/street-style and let Team ELLE show you how to style the trends.













Compiled by: Maybelle Morgan. Photography: Victoria Adamson, Rex Features.



BVLGARI



JANUARY

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hen I first discussed the idea of creating a confidence special, part of me wondered if it was really necessary. After all, you are smart, stylish women with strong, intelligent opinions and an enthusiastic curiosity for the world around you.

But last month, in our Feminism Issue, we published the results of our survey of almost 5,000 British women and it threw up a worrying statistic: only 21% of those questioned said they were confident, while 44% told us they wished they had more confidence. This saddened me, as the survey also revealed only 8% of women

felt successful in their lives. It is a shame, because gender equality is now being brought to the forefront of leaders' minds, and we need an army of confident, self-assured women in the roles that will change all our lives for the better. As the saying goes: 'You can't be what you can't see.'

So what's holding you back from being more confident? I think the problem is better described as a lack of self-belief. Women set themselves unreasonable standards in every area of their lives; they can't describe themselves as confident because, to their minds, only the best of the best can be confident. Recent research, reported in *Forbes* magazine*, backs up this theory: it found women only apply for jobs when they feel 100% qualified, but men do so when they feel just 60% qualified. Our lack of self-belief stops us feeling confident; we judge ourselves too harshly.

I also think women believe there is only one version of 'confidence' - and that a mythical set of 'rules' somehow means their version of confidence is wrong. We explore this on p114 in The Confidence Masterclass.

For me, confidence is about finding your voice and making it heard. This is not about shouting louder, or indeed judging those women who feel the need to do so; it's about finding out how to persuade yourself you can achieve whatever you want to. This issue doesn't have all the answers, far from it, but it does explore the challenge and will hopefully inspire you to defeat the negative thoughts holding you back.

In my 30 years as a journalist and editor, I've discovered my own form of confidence. I was a shy teenager when I left home at 16, but my naivety worked in my favour. I had no idea a woman could be frowned on for having a strong



opinion in a room full of men; it didn't cross my mind not to volunteer for the same projects as the male reporters I worked with.

I didn't give it a second thought that 24 was quite young to be a Woman's Editor on a national newspaper. But making my voice heard was a challenge, so for a while I faked what a confident woman looked like - then, one day, I realised this is what a confident woman looks like. By then I knew failure was OK (sometimes); I accepted it was fine to show a more vulnerable side (occasionally); but, most importantly, I was mentored by an extremely generous, impressive and diverse group of

nurturing female bosses who encouraged my own, individual take on confidence and allowed me to learn from my mistakes.

And that, for me, is the crux of the issue: if you have found your confidence, it is important you support other women as they find theirs. As we put this Confidence Issue together and news of Kim Kardashian West's place on its cover was leaked, I noted some people questioning our choice, querying Kim's credentials as a successful woman and ours as a feminist magazine. I wish women would not judge other women in this critical way. Everyone is entitled to their opinion; but for me, Kim's success should be applauded, not sneered at or, indeed, denigrated. She is the perfect face for an issue devoted to self-belief. She has built a staggeringly influential business empire and inspired many young women to be more confident about their bodies. And let us remember, no one woman can embody all the hopes, beliefs and ideals of everywoman.

It would be great to recognise the value of what each of us does individually rather than continually comparing ourselves – and then illogically deciding somehow we don't measure up. I think 'if she can do it, I can too' is a better approach, and I hope that when we next carry out a survey on womanhood, we can rely on you to sow the seeds of a revolution in self-belief. How liberating would that feel?



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WE NEED TO TALK ABOUT **CONFIDENCE**

The best piece of advice my mother ever gave me was: 'We all fear that there is a secret club and everyone else is a member of it. We're the only person who doesn't know the rules. But everyone else has the same fear.'

That advice got me through years at school when I was never wearing the right clothes, going to enough parties or kissing enough boys. It still helps today when I'm nervous to walk into a social occasion by myself, worried about a piece of work, or from completely the opposite perspective-if a stranger online says that I'm 'smug' or 'full of myself', which is a common assumption about anyone who appears on TV.

Research among ELLE readers (the Womanhood 2014 survey, much discussed in the December issue) has found that our confidence is low in pretty much every area of our lives. Or, at least, we think it is.

Confidence is relative, isn't it? I can tell you that you're no good at flying, performing brain transplants or making yourself invisible, but I expect you don't feel a lack of confidence about those things, as nobody else can do them either. You worry about the areas where you think other people (probably other women) are better or more confident than you: public speaking, dressing, flirting, letter-writing, make-up, motherhood, maths.

The first thing to say is that it doesn't matter if you're not confident about everything. For heaven's sake, let's not have a massive confidence crisis about our lack of confidence. It's not a big deal. Having a few insecurities is rather nice.

Hilariously, we find insecurity appealing, but only in other people. That's how insecure we are. We are charmed by others' vulnerability, but despise our own. That's why surveys often find women would like to be more confident, but not necessarily

to seem more confident - let alone, God forbid, ambitious. We fear that might make us loathsome.

Imagine a beautiful woman who exudes confidence in her height, physique, glossy hair and perfect skin. Why shouldn't she? False modesty can be annoying, too. But if that woman then leaned over and whispered to you that she's terrified she isn't funny, or is constantly banging into things, you would immediately fall slightly in love with her. The glimpse of weakness would be adorable.

Women would like to be more confident, but not necessarily seem more confident – or, God forbid, ambitious'

Whereas, if she exuded confidence in everything, from beauty to intellect, from language skills to singing voice, you might admire her without necessarily feeling fond of her. That's just human nature.

There is a paradox for women. If we hide our insecurities, then we compound the 'everyone's in a club' problem, causing other women to feel they can't keep up. But if we share them openly, we risk stoking the prejudices of those who still discriminate against us. You don't want to share your fears of not being good enough in front of people who actually believe you're not good enough. The old equality struggle has to take priority.

Same problem if you're black, brown, gay, transgender, older or younger than average, or from a minority religion or a non-ruling class: if you're in any group that has historically been dismissed or underestimated, how do you demonstrate your entitlement to equal power while also being honest about your individual human fear that you're not as good as everyone else? Every woman in the workplace knows this quandary.

I think the answer is to 'own' our insecurity and not be insecure about it. Where I have got to myself, after decades of tussling with life's terrors in the light of my mum's old advice, is that I lack confidence but I'm perfectly confident about that.

I wear fitted dresses because, although I can be a bit self-conscious about being size 12-14, I know that self-consciousness is normal; everyone else is feeling it and they're all too worried about their own figures to bother judging mine. I smile and chat on TV or at parties because, although some people will assume I'm 'smug' and overconfident, that can only mean I've successfully hidden my broiling sea of nerves – nerves that are quite normal, which anyone sane would feel in public.

I worry about whether I'm a good friend, good daughter or good wife, but I console myself that worry is just the flip side of responsibility. Or it should be. Who, really, considers themselves infallible? Only the Pope and Tony Blair.

Giving in to our insecurities, becoming obsessed by them, can actually be a sign of vanity. Why should our fears be so important and special? We're just ordinary, with ordinary hang-ups. There is no secret club. There is just a mass of trying, wondering, hoping and worrying.

We can only live with that truth, make our peace with it, then get out there and smile.

HAVE YOUR SAY What do you think about Victoria's column? Tweet us @ELLEUK





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CAPRICORN

23 DECEMBER - 20 JANUARY

Your month to: Climb every (and any) mountain

December marks the start of your yearly ambition phase. On the 21st, use the new moon (falling the same day as the winter solstice) to start afresh. Before New Year's Eve arrives, consider whether any of your goals are out of alignment with who you really are (and who you're still becoming). Date for your diary: 30th Relationship dynamics are exciting; ask for what you want and need.

AQUARIUS

21 JANUARY - 19 FEBRUARY

Your month to: Party hard, then rest up

The full moon on the 6th delivers more pleasure and romance than you've had in ages. Holiday celebrations start early this year, then the latter half of the month is all about catching up on sleep. Restore your energy with a bit of yoga between Christmas and New Year - you'll feel completely renewed for 2015. Date for your diary: 25th Make up your own rules - first times are fun times.

PISCES

20 FEBRUARY - 20 MARCH

Your month to: Socialise It's all about who you know right now. The planets are urging you to reconnect with friends and colleagues. Do it: future projects will benefit and you'll start 2015 firing on all cylinders. The new moon/ winter solstice on the 21st is your invitation to set longterm plans in motion: think ahead to the next six months. Date for your diary: 26th Don't keep it to yourself. Sharing your fantasies can revolutionise your love life.

ARIES

21 MARCH - 20 APRIL

Your month to: Be a mogul Break out of your comfort zone this month - especially in your career. An ambitious, inspired energy kicks in on the new moon/winter solstice on the 21st, when your purpose becomes clear. Bonus round: work-related travel is on the cards in 2015 - renew your passport.

Date for your diary: 29th Your creativity and ingenuity are off the charts: innovate.

TAURUS

21 APRIL - 21 MAY

Your month to: Expand your horizons

The year may be coming to an end, but a new chapter is beginning. Dull relationship energy has no place in your new world - old patterns have kept you from realising your true potential. This stops now. A mega-hit of creativity is headed your way.

Date for your diary: 20th Let love (and beauty) rule.

GEMINI

22 MAY - 21 JUNE

Your month to: Say goodbye December is all about grand finales, thanks to the full moon in your stars on the 6th. The last month of the year delivers constant transformation. By New Year's Day, you may barely recognise your former self-go build your new brand. Date for your diary: 16th Your powers of concentration deepen - banish distractions.

CANCER

22 JUNE - 22 JULY

Your month to: Dream big Your imagination is on fire this month, Cancer - pay close attention to your dreams. Your career is about to accelerate at double speed, but stay vigilant while navigating any unexpected changes. Date for your diary: 7th Linger in nostalgia without apology - it's not a pity party,

it's just healthy reminiscing.



23 NOVEMBER - 22 DECEMBER Your month to: Go big or go home

Traditionally, December is your month to party hard (it's your birthday, after all). However, this month may take on a more serious tone, especially around the 21st, when the winter solstice and new moon both arrive at once. The cosmos is asking you to fix up and focus before 2015 arrives. You have no problem reaching sky-high, but you must first get out of procrastination mode. Date for your diary: 19th

Connecting with the truth will set you free.

To find out what your stars hold every day, check out elleuk.com/horoscopes

I FO

23 IIII Y - 23 AUGUST

Your month to: Celebrate Work demands might compete with your social calendar this December. Get the holiday partying out of your system before mid-month so you can gain momentum to tackle end-of-vear deadlines. You'll need to get back down to business after the new moon on the 21st.

Date for your diary: 11th Make everything about you today - no apologies.

VIRGO

24 AUGUST - 23 SEPTEMBER

Your month to: Succeed December is your time to shine, Virgo. All your crazy hard work should pay off during the first week of the month, compliments of the full moon on the 6th. Shift your focus to love and creativity as 2015 comes closer. You're ready to take romance and pleasure to new heights. Date for your diary: 12th Words can work magic today.

LIBRA

24 SEPTEMBER – 23 OCTOBER

Your month to: Reconnect The month begins with a bit of wanderlust close to the full moon on the 6th, but you'll be ready to return to base by the winter solstice on the 21st. You're in for a new relationship cycle in 2015, so conserve your energies in December. Life may soon get unpredictable, and all the more brilliant for it. Date for your diary: 15th

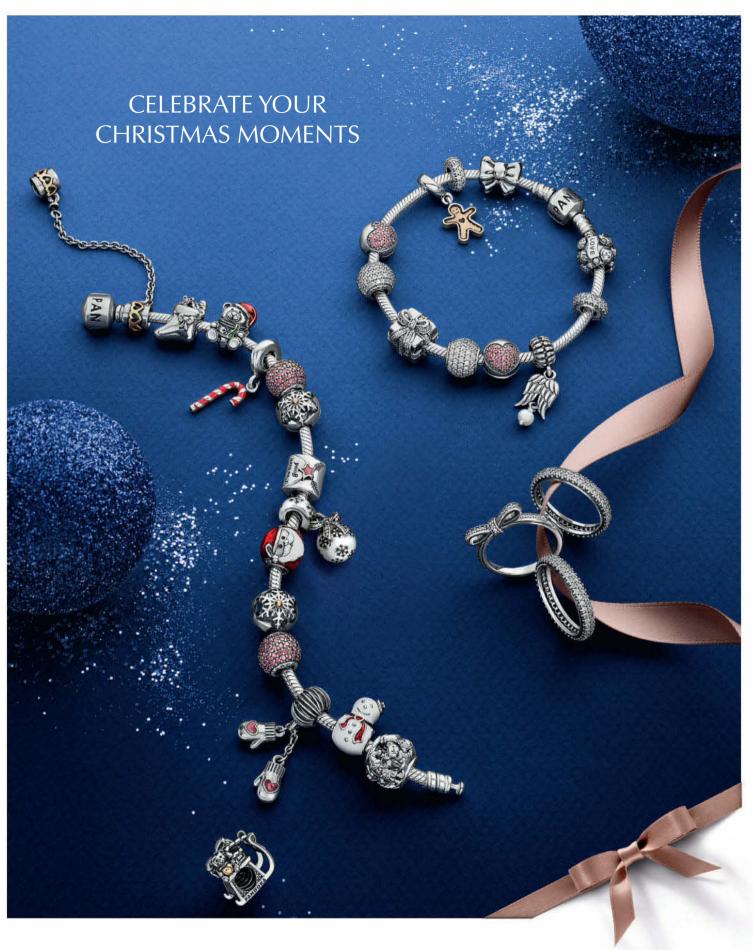
Anything goes - don't be afraid to get creative.

SCORPIO

24 OCTOBER - 22 NOVEMBER

Your month to: Decompress You've got a lot of emotions building up inside, so give yourself plenty of opportunities to get them off your chest. Self-expression is the key to sanity during this hectic season. Life lightens during the latter part of the month, so hang in there. Date for your diary: 23rd Contentment on tap: it's as if a karmic weight has been lifted.

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Sparkle this Christmas with pavé. Be inspired at pandora.net PANDÖRA
UNFORGETTABLE MOMENTS

Kim Kardashian West

THE COVER BY NUMBERS

WOMAN OF THE MONTH RUZWANA BASHIR



people who have complementary skills. My co-founder has the technical talent, whereas I have the business background.

● @PEEK

Ruzwana Bashir. 31. is CEO and co-founder of online travel company peek.com. She has also spoken publicly about the sexual abuse she suffered as a child to raise awareness of the issue.

We all have the capability to make a difference. Sharing my experience of abuse [through an article in The Guardian] enabled other people to come forward with their stories. Knowing we're not alone-that in itself is empowering.

My business began when I was booking a holiday with friends.

We found the process of organising activities lengthy and frustrating. I started looking for a website with all the ideas and information you need in one place. When one didn't exist, I thought, 'Let's build it!' I ended up moving to the US to do an MBA at Harvard Business School.

You can't be good at everything. As an entrepreneur, you have to

Risk and reward are connected.

People need to take on challenges and have a job that pushes them out of their comfort zone; when you do that, you develop.

'I have no special talent. I am only passionately curious.' This quote from Albert Einstein doubles as a great motto. When you're curious, you're constantly learning and striving for things to be better.

Always ask for feedback. It allows you to pinpoint your weaknesses. Confidence is about being comfortable in your own capabilities, but also knowing what you can improve.

Your Body Language Shapes Who You Are is a TED talk by social psychologist Amy Cuddy. It's based on the premise that if you act powerfully, you think powerfully. Her research shows that faking it until you make it by 'power posing' actually works. I agree. Visit peek.com







our exclusive

interview

with Kim

THE COVER-SHOOT PLAYLIST

Brown Sugar D'Angelo White Noise Disclosure feat Aluna George XO Beyoncé

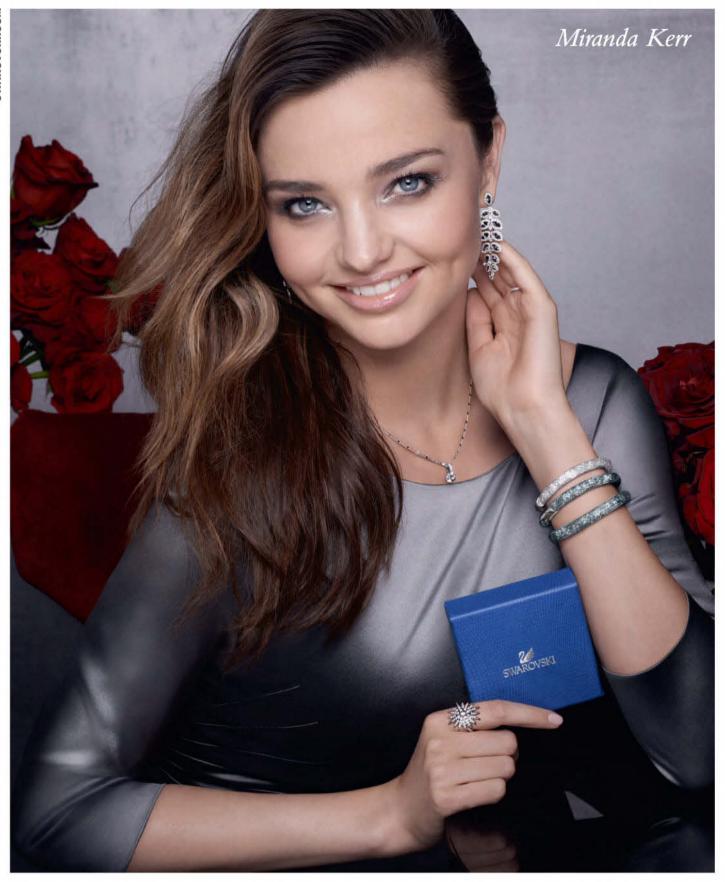


Compiled by: Maybelle Morgan. Photography: Christopher Ferguson, B. Gomer/Express/Getty Images

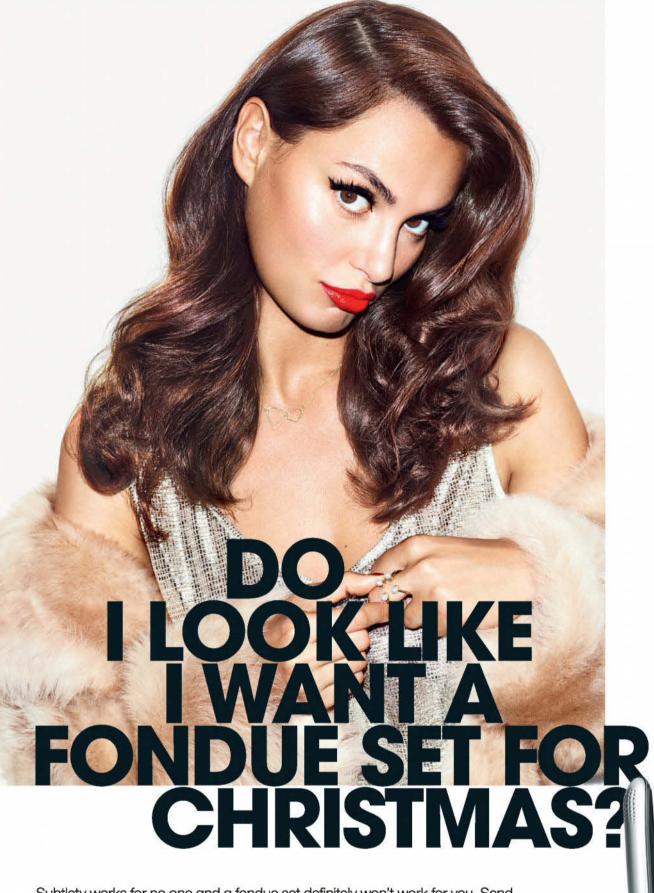




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Embrace the elasticated waistband. Far from frumpy, it will make your look both modern and utterly comfortable

Wearable, wantable... is this winter's new minimal?

Words Rebecca Lowthorpe

Canny layering is your new best friend. Cosy knits can easily be made smart with a cool cover-up

ever tells you when they write about fashion in a magazine? Sometimes fashion people hate fashionable clothes. Call it the post-show comedown, overload or burnout, but right now, hand on heart, if I see another kick-flare, midriff or glittery power platform I will commit hara-kiri on the spot with the nearest Nicholas Kirkwood. This is considered normal fashion

hall I tell you something nobody

behaviour, part and parcel of the cyclical process known as 'fashion month'. The

result of eating, sleeping and breathing fashion 24/7; of having to put together 'a look' every day for 30 days out of a suitcase (OK, two suitcases), first in New York (scorching), then London (freezing), Milan (forecast: scorching; actual temperature: freezing) and finally Paris (freezing, then scorching, then wet), all while experiencing sensory overload from watching, talking and writing about a headspinning number of shows, each with its own message, image, heritage, fabrics, shapes, colours, prints, hair, make-up and attitude to consider and decode.

No wonder our brains go: 'Phht'. We are only human, after all. And doesn't every human girl deserve to dress in clothes that don't make her head ache with conundrums such as: 'Is there enough bare ankle between my kick-flares and my flatforms?'

'Come to think of it, is my kick-flare too flarey?' 'And is it too much to wear my flatforms and flares with an admiral's jacket with braided frogging?'

MAKE. IT. STOP. RIGHT. NOW. In this spirit, welcome to fashion that is not Fashion. Feast on our edit of reallife clothes for real life. Items we think you'll find useful, cosy and comfortable. Undemanding, yet stylish; the things we are gasping to wear. We've assembled some scenarios you may or may not find yourself in this month: Meet the Family, Perfect Sunday, and Dinner Party at Yours.

There are no rules.



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WISH, WANT, WEAR





Styling: Emma Sells, Harriet Stewart. Photography: Jason Lloyd-Evans, Anthea Simms. For shopping details, see Address Book

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ON SALE 10 FEBRUARY

Photography: Adam Whitehead.



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dad took us to a lot of gigs. I remember seeing Alanis Morissette when I was four. I fell asleep curled up on my seat! I was also a huge Spice Girls fan and felt so empowered seeing them perform. That whole Girl Power thing was a bit

@ROSIELOWEMUSIC

Who has inspired you since then?

of a cliché at the time but I loved it,

and I'll never let go of it.

We didn't have a computer or a TV when I was younger, so a lot of the time I would hear music and not know what the artist looked like - or even if they were male or female. I'm a huge Erykah Badu fan: she really inspires me.

Are there any themes in your music? The word 'control' comes up a lot. I see everyone battling for control.

I see everyone battling for control, wanting to keep hold of everything. But control doesn't really exist.

How do you feel on stage?

Performing has always been the time where nothing else is in my head, so it's almost meditative. It goes so quickly, though.

That's the frustrating thing about adrenalin: it makes time go way too fast.

Describe your style.

Simple is beautiful. This applies across my music as well. I love space so much - it's brave to have space and not fill it with stuff.

Water Came Down, the first single from Rosie's as-yetuntitled album, is out now





It was while studying for a degree in Popular Music at Goldsmiths in London that Rosie honed her sound. Think lyric-led tracks that mix the best bits of jazz and soul with elements of electro and R&B. This zen 24-year-old from Devon takes her yoga mat to every gig and has come up with symphonies in the shower. Her hotly tipped debut album is due for release early next year.

What's your earliest gig memory? I come from a very musical family, so my



THE ELLE PLAYLIST: BIG IN 2015

YOUR SOUL - Rhodes. Goosebump-inducing vocals; perfect Sunday morning vibes.

2 TWO WEEKS - FKA Twigs. Hypnotic electronic bliss. Listen on repeat.

3 TAKE ME TO CHURCH - Hozier. Bluesy and raw. Don't miss the gutsy lyric.

4 BUD - Honeyblood. Blurry, nostalgic melodies from the girl gang of two.

5 MEET ME THERE - Nick Mulvey. Flawless instrumentals and poetic lyrics? We're sold.

6 TIME - Jungle. A funky move-making, groove-shaking tune.

7 RIGHT THING - Rosie Lowe. Slow and easy does it. Addictive and slinky smooth.

8 HEART ON FIRE - Indiana. Strangely sombre yet tender dance music. We predict big things.

ELLEUK on Spotify

Canadian writer, academic and musician Emma Hooper writes

academic pieces on retro and futurist feminism and performs songs as the solo artist Waitress For The Bees. Her debut novel is a magical, big-hearted book about one woman's walk to the sea. If Wes Anderson's stylised dreamworlds make you happy, you need a copy of Etta And Otto And Russell And James.

Explain your stint working as a freak show spider...

At 14, I got a job working for an illusionist who put together an old Victorian-style freak show. It was great; you have a particular power in that position, a power 14-year-old girls aren't used to having. You could tell someone [in the audience] to do something and they would do it. When you're going through puberty, it's helpful to realise that it's OK to be weird. I stayed in that job for 10 years.

You still perform. What instruments do you play?

Viola and violin. I also sing, have three accordions and can do some stuff on the musical saw, banjo, French horn and didgeridoo.

Which book first made you want to be a writer?

Dave Eggers' A Heartbreaking Work Of Staggering Genius. I was like, 'All these rules being broken, this is amazing!' Etta And Otto And Russell And James by Emma Hooper (Simon & Schuster) is out 29 January

WEARIT



GETCARTER

Recognise Cartier's signature panther motif? Since it was first designed 100 years ago, it has been worn by everyone from Elizabeth Taylor and Wallis Simpson to Lady Gaga and Cara Delevingne. Its latest incarnation? The new Panthère de Cartier collection: 56 pieces of fine jewellery that range from the just-about-affordable to the seriously extravagant, and each centred around the fabulous feline.

Prices from £2,020, available at cartier.co.uk

Whiskers Between

Julie Verhoeven, the designer and illustrator whose instantly recognisable work has been commissioned by everyone from Louis Vuitton to Mulberry, is the subject of a solo exhibition opening at the ICA in London this month. Whiskers Between My Legs will riff on all aspects of femininity using installations, a specially created short film about female seduction, and, of course, her illustrations.



Julie Verhoeven: Whiskers Between My Legs runs from 9 Dec 2014-18 Jan 2015, Fox Reading Room, ICA. For more information, see ica.org.uk



FIRST

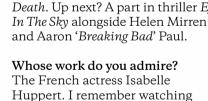


THE DOLCE & GABBANA DOLLS

Did you spot them? The **Dolce & Gabbana dolls** that were carried down the s/s 2015 catwalk by models in matching outfits? There were three: **Addolorata**. **Concetta** and **Immacolata**, each 33cm high, dressed in pieces hand-stitched in the Dolce atelier and encased in boxes painted with **Sicilian motifs**. Want one? Only 300 have been made and they're arriving in stores this month. *Prices start at £1,350, available at Dolce & Gabbana stores*







over by her performance.

What's the best compliment you've ever received?

Someone was asking me recently whether I had seen *A View From The Bridge* at the Young Vic. I was like, 'I was in it!' They hadn't recognised me. That's what I want: to disappear into a character, to become someone else. That's the whole point.

The Piano Teacher and being bowled

What's the best career advice you've been given?

'Be careful of your knees, because you'll constantly be asked to throw yourself down on them' - given to me by an older actress. She's got a point: I've become used to having very bruised knees, because the woman is always being asked to cry and wail and beg on the floor for forgiveness.

Not a problem for the men?

It's sort of a depressing thing about our industry, but you have to know that the goalposts are in a different place, on a different field. It's different for the boys. It helps if you realise that. But I admire the new wave of feminists coming through. I think Caitlin Moran is doing lots to further equality - she's made it accessible - and so has Emma Watson with her speech at the UN.

What's the best present you've ever received?

I'm not sure I've ever matched the pure joy of receiving a hamster when I was 10. I called him John, after John Travolta. •
The Woman In Black: Angel Of Death is in cinemas 1 January 2015



SEE IT Read the latest film reviews and watch the trailers at elleuk.com/now-trending

3 NEW FILMS TO CATCH

UNBROKEN Angelina Jolie directs
Brit talent Jack O'Connell in this Second
World War drama. Out 26 Dec
ELECTRICITY Agyness Deyn shines as
a woman risking her life to find her
long-lost brother. Out 5 Dec
MEN, WOMEN & CHILDREN Starring
Jennifer Garner and Adam Sandler, this

Jennifer Garner and Adam Sandler, this drama explores the affect of the internet on 21st century relationships. Out 5 Dec



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Styling **Donna Wallace** Photography **Luke J Alber**











#ELLEBOOKCLUB

MY LIFE IN BOOKS ESTHER FREUD

Hideous Kinky author Esther Freud, 51, shares the books that have shaped her life



My youngest child recently asked me what my favourite book was and I told him *Anna Karenina*. I read it when I was on holiday on the Spanish island of Formentera. I remember lying in the sand every afternoon, reading and reading. I'd been very tired and feeling a bit low when I left for that holiday, but I felt fully restored by the deep wisdom, philosophy and energy the book offered.



LITTLE HOUSE IN THE BIG WOODS

Little House In The Big Woods, Laura Ingalls Wilder

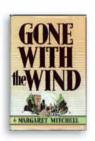
I didn't start reading by myself until I was about 10. I went to a Steiner school [which emphasise teaching through creative expression] and wasn't taught from books until I was a teenager. But this was one book I loved being read by my mother as a child. When reading it to my own children years later, I realised how slow-paced it is, and how much of the detail is to do with nature. The natural world is what punctuates the characters' lives.

The Summer Book, Tove Jansson

This is a book everyone should read. It's about a grandmother and child who live on a small island and make a new adventure every day, constantly challenging themselves. It's something I try hard to promote in myself and with my children: to always be trying something new, examining and appreciating what you already have, and not longing for something you don't.

Gone With The Wind, Margaret Mitchell

This was one of the first books I read by myself, aged 11. I got so involved with Scarlett's character – I loved and hated her. I couldn't believe it when she started making a play for her friend's husband. I remember throwing the book across the room thinking: 'No! This is going too far, you don't even love him!' But I was so enthralled by the story I had to crawl across the floor, gather it up and carry on reading.



READIT

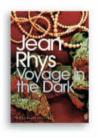


Falconer, John Cheever

I've been in a book club with other writers for 20 years. Recently, we talked about the books we'd chosen that made the most impact, and we all agreed that Falconer was one we all remembered. It's a powerful, lyrical, graphic novel set in a men's prison.

Voyage in The Dark, Jean Rhys

This book made me think one day I too might be able to write. I identified with the protagonist Anna, who was in London, just as I was in my 20s. She also dreamt of her childhood in Dominica, like I dreamt of mine in Morocco. Mr Mac And Me by Esther Freud (Bloomsbury) is out now



PSSS I ... 4 NEW THRILLERS FOR JANUARY. IT'S NOT JUST THE WEATHER GIVING US CHILLS

THE GIRL ON THE TRAIN BY PAULA HAWKINS (DOUBLEDAY)

Rear Window meets Gone Girl, this is the story of a woman who notices something shocking through the window of a house she passes every day on her commute. What she sees causes her own secret life to unravel. Out 15 Jan MIND OF WINTER BY LAURA KASISCHKE (HESPERUS PRESS)

This dark thriller centres on Holly and her daughter Tatiana, adopted from Russia. Trapped indoors, and with Tatiana's behaviour becoming increasingly unpredictable, Holly is forced to remember what happened at the orphanage. Out 16 Jan

THE CROOKED HOUSE BY CHRISTOBEL KENT (SPHERE)

A woman who's done all she can to distance herself from her childhood has to return and confront what happened in the house she grew up in. An atmospheric psychological thriller about a community full of secrets. Out 8 Jan

CURTAIN CALL BY ANTHONY QUINN (JONATHAN CAPE)

An intricate murder mystery, plus an engaging love story, set in the theatre community of 1930s Soho. The stories and secrets of disparate characters are linked by a prolific strangler. *Out 15 Jan*





WHAT OFF TILL TOMORROW WATCH OF TILL TOMORROW CAN DO TONIGHT



Below: Florida Keys romance





The girl in the mirror





#GIRLINTERRUPTER

Emma Forrest asks: if you're being bought things by a man, are you being bought?

ne doesn't expect love of a Bob Dylan album track to come back and haunt you (though being so attached to a song that was released in 1976 is a haunting). When I co-opted this particular song, it was in the wake of - what else? - a bad break-up. Bob Dylan's great love was Joan Baez, the folk-rock pioneer who was too independent and powerful for him. It seems Bob couldn't cope with having an equal. And, way after their own bad break-up, he wrote this song as an apology to her: 'Things would be different the next time we wed.' In 2009, I had the title of the song tattooed on my middle finger - a 'f*ck you' and a celebration. The name of the song? The name of the f*cking song? F*cking Isis. Yes. I have the Islamic caliphate tattooed on my hand.

I've been told there are no tattoos that ought to be regretted. You wanted it at the time and that should be enough. Trust me, this tattoo I always cover up, usually with a ring. At time of writing, the ink is obscured by the most beautiful lapis lazuli

and sapphire ring my husband bought for me. It looks like a shooting star in a night sky, which is perfect because that's what he and I felt like to one another when we met.

We lit up the sky together, getting married a year after setting eyes on each other and then getting pregnant on honeymoon. We have had major, deeply testing disconnects and fights, but the one constant has been

his gifts. Before we became official, he bought me, at Vivienne Westwood, what would later become my wedding dress. When he was broke (which he was in our first year together), his gifts were a series of little mugs he wrote love letters on with a crafting pen and baked in the oven. Our first Christmas, there was the romance of domesticity, etched into that cup of tea - 'Cuppa tea, love?' The mugs are lined up on the kitchen counter, their caveman-like story drawings: me, him, the baby, two cats and one cat gone to heaven.

Then, after a year, he got rich. Not Russian-oligarch rich, but steadily working, character-actor comfortable. He had long-term plans - a house, a new car, paying off family debt

- but, in the interim, he just kept buying me things. A Stella McCartney handbag. A 1940s evening dress. A pale blue Eighties wrap coat. A cameo brooch from an antique jeweller in Sydney. A Van Cleef & Arpels bunny rabbit charm. Hawaiian-print Prada luggage. Moisturisers I wanted from Kiehl's. Moisturisers I didn't want from Kiehl's. Often, he'll try to talk me into things I'm happy to just fantasise about: 'You must have the leather bomber jacket with the bedazzled pin-up girl on the back.' 'But it's too expensive and I don't wear leather.' 'I really think you should have it.'

I have to stop myself admiring things out loud because *he will buy them*. My mum, concerned for our future finances, suggests I only let him take me to museums, so if I say I like something he can't actually purchase it. It's a scary power -

saying I want it, to a man, and then getting it.

I'm a complicated kind of feminist, but I am one, so the thought occurs: if you're being bought things by a man, are you being bought? I was always a troublesome dame, but I was also, mostly, the one with more earning power. And when I wasn't, when I was with high-flyers, their gifts were never luxury but rather crafty: hand-sewn T-shirts

or love letters written on clothing, of which I have an entire box in the back of the garage.

Amal Clooney is a leading human rights lawyer; yet she's also a woman whose wedding cost a reputed £8m. She's obviously made peace with the space in her Venn diagram where capitalism meets her myriad achievements as an empowered woman.

Maybe if I was being courted, I'd feel more suspicious about the extravagant gift-giving. But we are married: he already 'owns' me. And, just to be clear, I already own him. Like everyone we know, we've watched, aghast, as the horror of ISIS unfolds. The lovely lapis lazuli and sapphire ring arrived with a note: 'Let's always cover up each other's mistakes.'

It's a scary power –

saying you want

something to

a man, and then

getting it'

PANTENE

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FIRST

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he closing-night party of London Fashion Week and the wildest night of the fashion calendar: it can only be the ELLE Style Awards. Last year's star-studded event saw Cara Delevingne and Jourdan Dunn singing International Male Recording Artist winner Pharrell Williams' hit Happy a cappella, while Rita Ora and Ellie Goulding battled it out to present the Male UK Recording Artist award to Tinie Tempah. Legendary photographer David Bailey was in his element on the cabaret stage when Tom Ford honoured him with a Lifetime Achievement award, while Katy Perry, Emma Watson, Lily Allen and Suki Waterhouse downed shots with host Nick Grimshaw. It wasn't a quiet night. The 2015 ELLE Style Awards, in association with H&M, take place on 24 February. Ink it in your diaries now.



AND PHARRELL WILLIAMS

JOURDAN DUNN









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AS IT UNFOLDS AT
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'Folco' stretch jacquard trouser, £179

WATCH IT

To see ELLE's bespoke edit of the new Barbour International collection on video and to find out where to buy it. an to ellel IK.com/ barbourinternational

mind. You'd be right: Barbour's signature style still very much exists. Barbour International, however, is a different side to the brand entirely. Synonymous with motorcycling since 1936, Barbour International has been creating cool, cutting-edge bikerwear for nearly 80 years, and it's this unique heritage that is channelled into its latest womenswear collection. That doesn't just mean biker-style jackets in luxe leathers and premium finishes (though there are plenty of those, reconstructed and flatteringly shaped in the softest hides). It also translates into an effortlessly stylish collection of dresses, skirts, tops, trousers and more to create a wardrobe full of fashion-forward looks that will take you anywhere. (Motorbike optional.)













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For shopping details, see Address Book.

SHOPS

ELLE

See it buy it wear it







Shop the look

Baby, it's cold outside – but not in these snug separates. Take that, winter



Shearling coat, £595, Topshop







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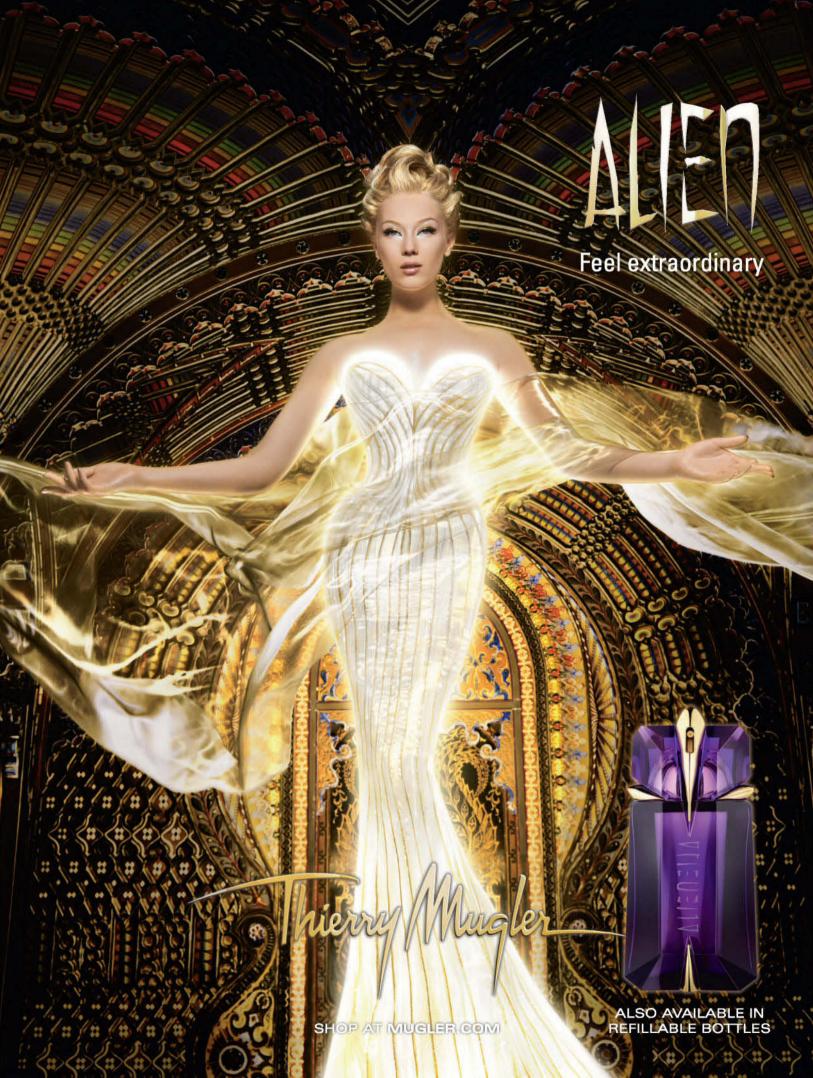


Wool and polyester jacket, £715, Fendi



£130, Levi's

Styling: Molly Haylor. Photography: 3 Objectives. For shopping details, see Address Book.





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Far left: Leather shirt, £280. Ganni. Polyester trousers, £185, Marc Cain. Leather shoes, £380, Hugo Boss. Gold-plated earring (worn throughout), £108, Maria Black. Gold and morganite necklace (worn throughout), £58, Gemporia. Gold-plated watch, £115, Shore Projects. Rose gold-plated ring (model's right hand), £49, Giles & Brother at Cadenzza. Metal ring (model's left hand), £12, & Other Stories. Leather belt, £200, Michael Michael Kors. Faux-leather bag, £26, Next. Cotton socks (worn throughout), £10, Falke Left: Silk shirt, £129, Jigsaw. Nylon trousers, £49.90, Sisley. Leather shoes, £65, Dune

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Office block

Move over, mono. **Bold colour** is how the **modern woman** does work attire

Above right: Wool-mix dress, £245, Designers Remix. Patent-leather boots, £315, Toga Pulla. Leather bag, £1,995, Versace Right: Wool-mix skirt, £355, Etienne Deroeux. Leather shoes, £74, Vagabond Far right: Leather shirt, polyester trousers and leather belt, all as before. Leather backpack, £1,530, Gucci. Leather-mix watch,

£495, Links of London









Far left: Wool and cashmeremix coat, £395, L.K.Bennett. Nylon trousers (just seen), as before, Sisley. Faux-leather bag, £45, River Island **Left:** Polyester trousers and leather shoes, both as before Below right: Wool sleeveless coat, £345, Designers Remix. Cotton shirt, £140, Wood Wood x Disney. Wool-mix skirt and leather shoes, both as before. Metal ring, £17, & Other Stories. Leather bag, £199, Modalu England

#ELLEFASHIONCUPBOARD







Above: Silk shirt and leather belt, both as before. Wool trousers, £190, Gerard Darel. Leather boots, £62, Next. Leather bag, £395, Karl Lagerfeld Left: Wool-mix dress and leather bag, both as before





Styling: Donna Wallace. Photography: James O. Roberts. Hair and make-up: Athena Skouvakis at Frank Agency using Chanel Spring 2015, Chanel Sublimage L'Essence and Bumble and bumble. Manicure; Ami Streets at LMC Worldwide using Chanel Spring 2015 and Chanel Body Excellence Hand Cream. Model: Gigi Jeon at Next Models. For shopping details, see Address Book.





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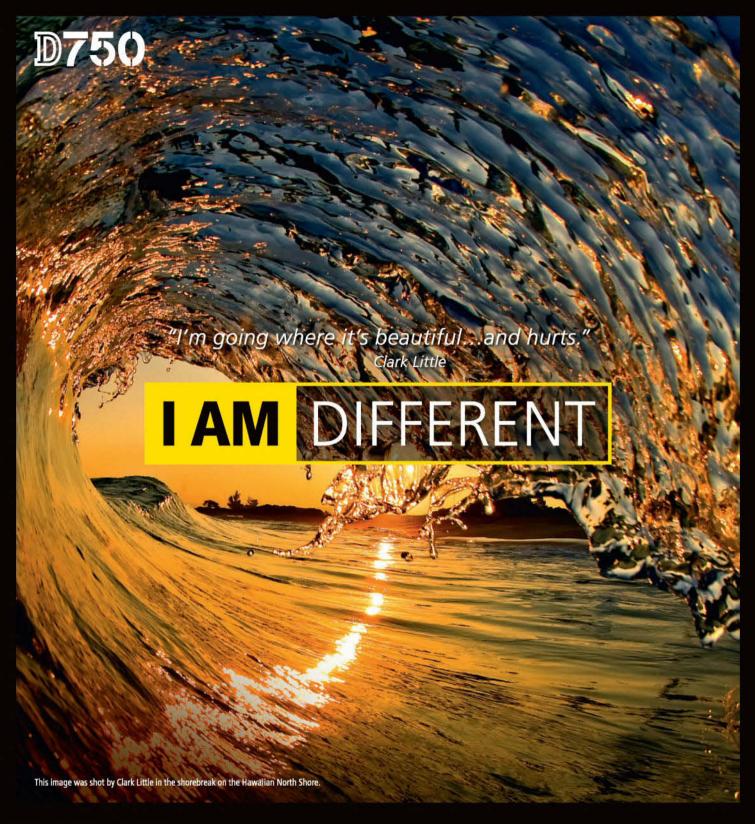




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HARRIET STEWART MARKET & RETAIL EDITOR

'There's always space for a luxe leather jacket in my wardrobe'

> Leather and wool jacket, £579, Maje

KIRSTY DALE **EXECUTIVE FASHION** DIRECTOR

Faux-fur coat, £159, Marks & Spencer

LORRAINE CANDY **EDITOR-**IN-CHIEF

DONNA WALLACE ACCESSORIES

EDITOR

Whistles

Cotton bag, £195,

Silk-twill trousers, £605, Peter Pilotto

MICHELLE DUGUID ACTING SENIOR

FASHION EDITOR

Silk-mix jacket, £1,660, Stella McCartney

ANNE-MARIE CURTIS **FASHION** DIRECTOR

Leather shoe £350, Tod's

FROM THE

ELLE FASHION CUPBOAR THE EDITORS' EDIT

The new-season pieces that make us glad it's winter

ESPERANZA DE LA FUENTE

FASHION ASSISTANT

Flat, wearable and stylish. That's my idea of the perfect shoe for the season ahead'

Leather shoes, £225, Michael Michael Kors

Compiled by: Billie Bhatia. Photography: Luke Kirwan. For shopping details, see Address Book.



PLUS: Sandi Toksvig dodges a wardrobe malfunction, Tord Boontje conjures up a magical universe and eccentric rugs stage a comeback



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MORGAN BOGLE, 32, FOUNDER AND DESIGNER, FREEDOM OF ANIMALS

MORGAN WEARS:

Cotton and shearling men's coat, £665, and wool dress, £209, both Sandro. Leathermix trainers, £240, Y-3. Faux-leather bag, £310, Freedom of Animals. Angora socks, £16, Falke. Sunglasses, Morgan's own





Street Style... New York Styled by us, worn by you Plus... Where to Eat, shop, party

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ELLE STYLES EMMA SOUZA, 23, STYLIST AND FASHION BLOGGER

EMMA WEARS:

Faux-fur coat, £159, Per Una Speziale at Marks & Spencer. Polyester-mix jacket (worn underneath), £540, Rag & Bone. Viscose-mix top, £29.99, Zara. Wool trousers, £175, Maje. Leather boots, £130, Poste Mistress at Office



I love to combine tonal colours with amazing textures'



ELLE STYLES BRANDEE BROWN, 23, DIRECTOR AND ACTRESS



Feeling cosy is the most important thing about winter dressing for me'

BRANDEE WEARS:

Faux-fur coat, £95, Warehouse. Wool-mix shirt, £50, Asos. Polyestermix trousers, £20, Dorothy Perkins. Leather boots, £78, Topshop. Leather bag, £129, Maje



■@BRANDEEBROWN



STREET STYLE NEW YORK

ELLE STYLES TESSA JOHN-CONNOR, 26, CLIENT ADVOCATE







■@AFROISTA

TESSA WEARS:

Mohair coat, £864, Tibi. Silk-jacquard incl. Suk-Jacquara jacket, £329, and matching trousers, £199, both Orla Kiely. Lurex trainers, £55, Aldo. Leather Aldo. Leather bag, £295, Karl Lagerfeld. Steel watch, £159, Ice Watch. Quartz and leather bracelet, £29, and amethyst ring, £65, both Rework Creative. Vintage amber ring, Tessa's own

ELLE STYLES ALICE WANG, 28, FOUNDER OF UNIFORME, AND POTATO THE DOG

I like to wear simple, versatile basics, like this cropped top'



ALICE WEARS:

Leatherand shearling jacket, £350, Topshop. Cotton top, £40, Monki. Viscose-mix skirt, £65, & Other Stories. Suede boots, £130, Aldo Rise



■@AWANGUTAN



Photography: Bek Andersen.

ELLE STYLES ALI LIZZI, 24, FASHION AND LIFESTYLE BLOGGER



bag, £325, The Kooples. Angora

socks, £16, Falke

'Winter layers are my go-to style – I want to be both warm and chic'

THE CITY THAT NEVER SLEEPS

Make a brand new start of it and hit up Manhattan's hippest shops and restaurants

INSIDER'S GUIDE TO NEW YORK

Brunch... Start the day off right with lardo or mussels on toast at stylish restaurant Estela (estelanyc.com)

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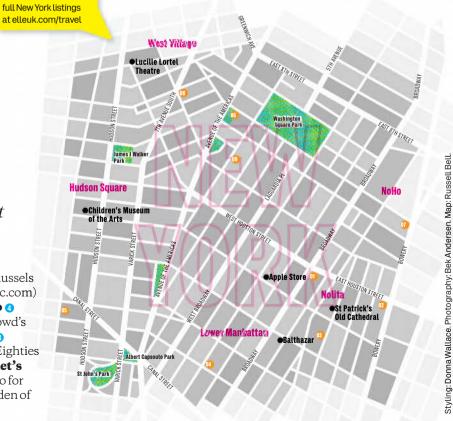
(ifsohonewyork.com) Eat... Try out the in-crowd's favourite family-style Italian, Rubirosa (estelanyc.com)

Browse... Pick between fun Eighties prom dresses and bold Sixties shifts at Hamlet's

Vintage (estelanyc.com)

Drink... Go for late-night cocktails and tacos in the pretty garden of

BBar&Grill (estelanyc.com)



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ELLE FEBRUARY
THE S/S 2015 TREND REPORT



Join the style revolution ON SALE 2 JANUARY 2015

Confidence masterclass

It's the key to contentment, success and self-acceptance. So how do you get it? Here are some inspiring thoughts on how to be happy from the inside out

HOW TO DRESS LIKE YOURSELF

BY ANNE-MARIE CURTIS, ELLE FASHION DIRECTOR

1. Be yourself, everyone else is already taken. (Thank you, Oscar Wilde.)

This is staggeringly obvious, but actually easier said than done. We live in a world where women are constantly compared, critiqued and told who they should be, so it's hardly surprising we lose our fashion mojo under the pressure. Here's the thing (and I'm going to be completely honest): unless you're a supermodel, not everything will work on you. There is a reason models do the job they do. They are preternaturally tall and slim, young and very beautiful. That whole off-duty model thing looks great on an off-duty model, but that's because they would look good in anything, so be kind to yourself and don't compare. Instead, look around and see whose style you really admire, whether it's Beyoncé or Phoebe Philo or that girl you see at the bus stop every day. What is it about their style that works for them? Take notes, adapt it and make it work for you.

2. Make fashion your friend.

Even for those of us who work in the industry, fashion is scary sometimes. All that 'in' and 'out' and 'must have' can touch on our deep-rooted insecurities of being the odd one out/the unpopular girl/ not part of the cool gang. My advice? Stop obsessing. Think of fashion as a friend who makes you laugh, feel good about yourself and who you sometimes want to do shots with on a school night. Not the girl who makes you feel unhappy/insecure/ anxious whenever you see her. Take part in the new-season trends you like and simply ignore the rest. Sometimes it might just mean changing your shoes to keep your look current, and that's fine. Fashion is supposed to be fun. It's not a competition and it shouldn't make you feel bad - ever. There is joy in choosing what to wear every day; just make sure you are dressing for yourself and not to keep up with other people.



READ IT

inspiring women at elleuk. com/tags/elle-feminism

on How To Dress. That's our job. But it doesn't mean all of it applies to you all of the time. There's certainly something to be said for seeking out the perfect 'investment trench coat', but the truth is, not everyone looks good in a trench coat. Sometimes it can make you look like

out by looking in the mirror - if you're

not happy with what you see, just take it off. If you are really not sure, ask a friend you trust - you know, the one you do shots with on a Tuesday.

4. Try it, you might like it.

Another thing women are really good at (myself included) is deciding which things don't work on them. As in: 'I really don't suit animal prints/ florals/stripes.' This can often be based on one bad experience years ago. It's a bit like having a difficult

break-up and resolving to remain single for the rest of your life. Case in point: I had avoided red for years, having made a decision it wasn't 'me'. I recently tried it again, starting small with a Uniqlo sweater, which I decided did work. I've got lots of things in red now, including a Miu Miu coat that I wear when I want to feel brave/ happy/confident. So there you go. Of course, there are some things that will always look terrible on you - for me, it's beanie hats. But that's another story.

5. I am woman, hear me roar.

Sometimes it is not about what you're wearing, but how. It doesn't matter that your Acne sweater is a bit bobbly or that your Céline-esque shoes are actually from Topshop, as long as you feel good in them. So, at the risk of sounding like your mother: stand up straight, take a deep breath and smile. Seriously, it's amazing the effect it can have on you. Scientific studies show that smiling even when you're not happy can make you feel happier. So look like you love how you look and chances are everyone else will, too.

HOW TO ACT CONFIDENT

BY BONNIE WRIGHT. ACTRESS AND DIRECTOR

My 23 years have been a confidence roller-coaster rite of passage: from instinctive self-assurance to fearful soul-searching, working out what confidence means to me and achieving it on my own terms.

As an actress and director – although I would say this applies to any creative person – you live in constant fear that someone is going to catch you out; call you a fraud. But creativity can't exist without this doubt – it's what challenges us to question ideas and people, and to keep getting better.

Still, my working life requires having such a level of confidence in myself that, even if I don't necessarily possess it, I must pretend I do. I entered the world of film-making age nine, with little to no clue of what I was doing. But on the *Harry Potter* set, where I played Ginny Weasley, I was so enthusiastic that my confidence was unshakeable. Then, at some point, I stopped feeling it and started 'acting it'.

We all associate adolescence with a dip in self-esteem and it was this shift that caused me to really understand the world I was in, and in turn to adapt and rise to it. Being surrounded by talented people – the kind that change the energy of a room when they enter it – inspired me. Their presence and intensity was the perfect template for self-assurance, and by watching them I saw that if I wanted to be taken seriously by others, I must first begin to take myself seriously and find the tools that would build my confidence.

The way in which I'm doing this can loosely be summed up with a James Joyce quote from *Dubliners*: 'He lived at a little distance from his body.' If I have self-awareness and an understanding of what makes me tick, I can steer clear of situations that don't bring out the best in me. I've learned that saying no to people can often be more valuable than saying yes.

Another issue I've long struggled with is my breathing. I've worked hard to

9@THISISBWRIGHT



strengthen it in multiple acting classes and with voice coaches. But it was only recently, upon discovering meditation, that I realised my inability to breathe deeply and well was because of my struggle to connect with my confidence. This meant that my breaths were shallow. Meditation has allowed me to find a neutral centre within; a pillar to root myself to no matter what life throws at me. Life is something that

you can't control or predict, but you can control your reaction to it.

So be curious, be interested in the world and challenge your own expectations. Life is a cycle: confidence gives peace of mind, peace of mind brings confidence. I don't believe we are ever fully confident, that's not a state of being anyone reaches — but faking it is, I've found, just as good as feeling it because the net effect is the same.

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y@orbyn

HOW TO LOVE CONFIDENTLY

BY ROBYN WILDER, WRITER

all most of us get is a hunch about a stranger. No wonder many of them fail. The very idea that you can gauge

At the start of any relationship,

fail. The very idea that you can gauge how well you'll rub along with someone a year from now just because they make your stomach feel funny is, as a theory, worthless.

I've given this matter a lot of thought lately. A few months ago I marched myself, after a history of romantic misfires and square-peg-round-hole relationships, down the aisle. I said the words 'lawfully wedded husband' to someone who has since only kicked me out of bed once (for snoring).

This is all a bit of a surprise because I never wanted to get married, or have children. I had a habit of dating penniless guitarists and, moreover, behaved like a clanging idiot while doing so. For instance, it never occurred to me that I didn't **'BEING YOURSELF** actually love my first proper **MEANS FACING** boyfriend. When we were 16, YOURSELF, AND ALL we split a Pizza Hut meal deal, and he whispered, 'I love you.' THE THINGS YOU'D I reciprocated because it was the RATHER AVOID ABOUT polite thing to do, and it set a YOUR PAST. BUT. precedent. 'I must be in love,' I thought, 'because I've said so.' **ALTHOUGH IT IS** I then spent the next four years PAINFUL, IT'S HONEST' marvelling at how love involved a lot more privately fancying other people and being accused of neglect than I'd anticipated. Then was surprised when it all ended in recriminations and the sudden arrival of a new, more attentive girlfriend.

After that, I resolved to only date people I definitely fancied, which, because I'm nothing if not a giant cliché, brought about the aforementioned string of penniless guitarists. You could always tell when

a guitarist had entered the room, because I'd stop chatting and start shrugging. 'Why have you gone all French?' my friends would complain. Then they'd clock the leather-jacketed figure in the shadows and roll their eyes, because I was trying to mirror the cool, distant vibe he gave off. Again.

I'd spend entire dates just saying band names and the word 'yeah' because I thought it was the thing to do. I felt like Patti Smith (no mean feat, because my natural demeanour is more Elmo from Sesame Street). But I'd tire of all the faux-apathy or the guitarist would swan off with a girl as animated as I was pretending not to be.

It eventually became a habit to dial down the volume on aspects of my personality to suit a relationship. I have no idea where I learned this - I was

brought up to be myself
-but I took to editing
my 'on' personality. I'd
stifle an opinion here, tell
a white lie there, present
an 'acceptable face' to my
partner. By the time my
last relationship turned
serious, I'd applied
too much emotional
Photoshop to accurately
decide whether it was

a good idea or not.

Nominally, we got on - cackled at the same TV shows, shared a love of dogs - but something was missing. We'd argue every six months, begging each other to be less as we were and more like something neither of us could quite define, but desperately needed. Finally, I realised my edited personality was largely the issue, and attempted to reassert my individuality. It was too late though - suddenly chiding my partner

into paying attention to my hobbies or innermost musings baffled him and further collapsed my self-confidence.

I met my husband when I was raw and vodka-soaked from the break-up. I tried the self-editing shtick, but was too exhausted to put any real effort behind it. 'I'm quite a cold person,' I told him once, 'I'm distant.' 'No, you're not,' he replied incredulously. 'You're Elmo off Sesame Street!' And I am. I'm goofy and chatty, and as romantic as a potato. Affecting a streamlined version of this didn't work out, so I've spent the past few years trying to be myself.

As it turns out, 'myself' isn't that bad - and I didn't have to go on any voyage of self-help discovery to realise it. I just had to spend enough time in my own company to notice that I wasn't awful, and that the people who matter most in my life far prefer me *au naturel* to 'fake and shruggy'.

It hasn't been easy - being yourself means facing yourself, and all the things you'd rather avoid about your past and your family. But, although it is painful, it's honest. I am honest, and I am now in an honest relationship, which - in a very practical sense - negates any editing. And I'm constantly learning about myself. I'd quite like to live overseas again, it turns out, and maybe write children's fiction. Evidently, given my vintage Etsy ring, giant swollen belly and massive grin every time I feel a kick, I did want to get married and I do want children.

I wouldn't know any of this if I hadn't failed consistently enough at relationships. So I think the key is to fail as often as possible. Because it is less a case of being confident in love, and more just growing less crap at it. I'm still learning.

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HOW TO BE QUIETLY CONFIDENT

BY LEISA MILLAR. ELLE CONTENT EDITOR

What does a confident person look like? Or sound like, in fact? Loud, perhaps? Forthright, even a bit aggressive? That's definitely not me. You won't find me holding court at a dinner party or shouting people down in meetings. I watch and I listen and, if I have something to contribute, I do. My confidence – and I am confident – is internal, a quiet belief in my own capabilities.

Still, when faced with extroverts - and they are roughly a two-thirds majority according to research, so they outnumber us quiet types – I am often blindsided. When out with friends, I won't compete for airtime in a shouty debate, which I know makes some think I don't have an opinion. In the office. I often observe rather than contribute, unsure how to cut through extrovert colleagues' bluster. I have had to come up with strategies to deal with this, though, as in a hectic workplace, managers notice the person who is saying, out loud, on a loop, 'I'm great!'. To be successful, I have to play the game. There is power in being a quiet person in a room full of loud people, but turning that power into influence is much trickier. Let me tell you how I approach it.

For me, it's about finding the biting point – a level of assertiveness that allows me to retain integrity without becoming a mortifying, *Apprentice*-style caricature. I find this easier to convey physically rather than vocally, so I make sure I feel confident in what I'm wearing, project it in the way I sit or stand, keep my arms uncrossed. I consciously make what little I do say constructive and clear. And – the clincher – I always deliver on what I say I can do.

I've harnessed the power of impactful pauses and, where appropriate, silence. Others may



gabble away, offering promises galore, but often, I think, while I'm sitting back and formulating a plan, they might have already shot themselves in the foot.

The sort of typically extrovert, self-proclaimed 'ambitious overachievers' who bellow over each other to offer 110% and do it by yesterday? Really, they're all riddled with insecurity and doubt. Their bullishness doesn't express confidence; in most cases, it masks a lack of it.

Another rule for the quietly self-assured: try not to put people down. Truly confident people don't need to trample on those around them because they understand that there isn't a finite amount of success and approval in the world – the 'if she wins, I lose' mentality. Instead, truly confident people are busy focusing on their own goals, not anybody else's.

I have also learned that if things don't come naturally to me – public speaking, for example, or leading a meeting – I have to practice them to improve. It worked for Steve Jobs: he notoriously rehearsed his legendary Apple presentations over and over again to ensure that they were perfect.

> It didn't come naturally to him, and yet he's considered one of the most captivating public speakers in modern memory.

To quote that famous introvert Albert Einstein: 'Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.' Don't let anyone

make you feel that *your* brand of confidence doesn't count. Start believing that it does and that it can take you anywhere.

THERE IS POWER
IN BEING A QUIET
PERSON IN A ROOM
FULL OF LOUD PEOPLE,
BUT TURNING THAT
POWER INTO
INFLUENCE IS
MUCH TRICKIER'

Photography: Aitken Jolly

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FACE DOWN FAILURE

BY ZOE STRIMPEL, JOURNALIST AND AUTHOR

Failure. What does it mean to you? An F in the margin of an exam paper? A pair of unworn running shoes by the door? Another question: what does success look like? For most people, that's much harder to call to mind, and I am no exception.

An example: in the run-up to my final university exams, I began to doubt myself. Despite getting solid 2:1s and praise from tutors in my three years of studying English Literature, I had a sudden loss of nerve. I stopped going to lectures and became a master of procrastination. The very sight of the books I was meant to be devouring made me feel sick. When the exams came, I took my seat with horrifying certainty that a pass was impossible. Failure was my destiny and I gagged picturing the inevitable 'talk' with my parents.

In the end, it wasn't quite that bad, but my tutors had expected a better grade and told me so. Having escaped the worst, I left with a defiant shrug: 'I'm never putting myself through that again.' Translation: 'I'm not risking being shown up as a fraud and looking stupid.' I wanted to avoid failure because of the frustration, anger and disappointment that comes with it; but also because mixed in with those emotions was an even stronger, more destructive one: shame.

As psychologist and author Guy Winch explains: 'Shame is a psychologically toxic emotion because instead of feeling bad about our actions (guilt) or efforts (regret) it makes us feel bad about who we are as people. Shame gets to the core of our egos, our identities, our self-esteem and our feelings of emotional well-being.

Does this description ring any bells? It does for me. Shame – that awful, all-out self-punishment – is unhelpful for anyone trying to do anything. But people prefer self-flagellation over self-compassion because, explains Dr Kristin Neff, Professor of Human Development and Culture at the University of Texas at Austin: 'They are afraid they'll become self-indulgent, that self-criticism is what keeps them in line. Our culture says being hard on yourself is the way to be.'

Fast-forward eight years to 2012: I am the Lifestyle Editor of a newspaper. I zip between reviewing hotels, restaurants and plays - the dream! - and I write lots, including two books about relationships. But there's a problem: I'm not happy. I am restless, spoilt, snappy. Despite my writing about love, my relationships with men are unfulfilling. I'm constantly out looking for stimulation, but I feel neither strong nor positive, merely busy.

The problem is clear: I'm not challenging myself because the best way to avoid failure is to continue doing the same thing, on repeat, forever. I'd chosen to avoid promotions because I might not be able to handle a harder job and said no to running 10K after 10K for fear of collapsing and being trampled by fitter, faster people. But then something clicked: the idea of

taking myself back to the thing that had brought about my fear of failure in the first place - by doing a post-grad degree.

My insecurities crowded in rapidly, but I managed to find a course that would accept me with my low 2:1.

I found the course fascinating and hard.
And I panicked. I wasn't up to this stuff.
What if I failed? The consequence of failing would be... It was the first time I'd actually followed this thought through. The answer? Nothing much.

The more I squared up to the idea of failure, the more its possibility melted away. I decided to take control: I spoke out in class, I went to every lecture, I read everything, even if it took all night, so I couldn't hide behind any of the old excuses. I owned it. And, most importantly, I grew in confidence, such that when I received criticism it felt helpful, not crushing.

The single cord that had linked work, weight, relationships, exercise and morality had, for the past near-decade, been a certainty that I would mess it all up if I got in too deep. That cord began to loosen. I could date men and maybe if it didn't work out, it might not be my fault. If I didn't feel like going for a run? That was OK, too; I could try tomorrow. What would it cost me to take the idea of self-compassion seriously and cut myself some slack? Increasingly the answer was coming up the same: nothing. And the gains were obvious.

By the year's end, I'd entirely repackaged myself in my mind's eye. The fixed notion of what I could and couldn't do had been challenged. On the most basic level, I had followed through the question of what the worst thing could be. And the more I looked closely at the possible outcomes I was scared of, the more they split apart.

In the end, the power to challenge failure and embrace possibility lay in exchanging my mental link between 'failure' and 'success' with a link between 'opportunities' and 'success'. Try it: what's the worst that can happen?

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My first job in TV, aged 22, was working the night shift on BBC Breakfast News. I was a lowly producer, tasked with the menial stuff. The big job I aspired to was being allowed to write and produce a two-and-a-half-minute news bulletin, but that felt like it was years off. Then one night, the editor said: 'Jay, you're doing the bulletin.' The way the shifts worked meant people passed like ships in the night; this particular editor had never set eyes on me before. I could hardly own up that I hadn't the first idea where to begin. I remember hiding in an edit suite and wondering if I could 'faint' to get out of it, but I didn't dare. So I just got on and did it, watching from the back of the news gallery as my piece went out. The fierce editor just nodded approval. It led to a 20-year career that would see me running BBC1 and becoming Chief Creative Officer at Channel 4. That guickly forgotten news bulletin taught me something important: there's nothing more empowering than someone believing you can do something, even if you don't believe you can do it.

GET BULLIED – AND COME BACK STRONGER

It might feel terrible at the time, but, as these su<mark>ccessful women</mark> explain, even bad career experiences can be good for your confidence. Ti<mark>ck the</mark>se challenges off your list

SOUTHBANK CENTRE

It's bewildering to realise a colleague - in my case, a male colleague at the same level - is excluding you from meetings and turning others you work with against you. Still, it took me a while to realise it was bullying, as I was in a senior position and we tend to associate bullying with powerlessness. After the initial confusion, you think: 'What is it I've done?' There was a personality clash, and the fact that I was a woman at his level added to his anger. I confronted the situation in a calm way but was met with defensiveness. You can't underestimate the impact of bullying: it's sole purpose is to isolate you. No matter how senior you are, sometimes you've got to seek guidance when things go wrong. I didn't, because I was so used to solving everything myself. On the plus side, I now know how to recognise and tackle bullying in the workplace. y@JUDEKELLYSBC

Lose the battle, but win the war

AYESHA VARDAG, TOP DIVORCE LAWYER

I was a lawyer at a big City firm and, although I was under huge pressure, it was going brilliantly. I made sacrifices to get where I was and spent my 'free' time entertaining clients with my husband, also a lawyer at the firm but a few years ahead of me and pitching for promotion. When he got it, I was expected to resign - his career came first. This was a different era and I was, apparently, the

first wife who wanted to keep her dareer. I felt as if I had lost everything I had worked for, but I couldn't challenge it because that would have jeopardised my husband's position. I got another job in a parallel field that I found soulless and dull. After a couple of years, the marriage broke down, which broke my heart because I adored my husband. But the destruction of everything I had

worked for was the most constructive thing that could have happened to my career. I knew, from then on, that I didn't want to compromise my own success again for a man, or to become dependent on one. I also knew that I never again wanted to work for anyone else. I would never have ventured out of my comfort zone if its walls hadn't come crashing down.

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HELEN GRANT, CONSERVATIVE MINISTER FOR SPORT, TOURISM AND EQUALITIES

I encountered racism and bullying in my childhood, but sport helped me cope and face my difficulties. It showed me the importance of having goals, so, early on,

REALISE YOU DON'T LIKE THE VIEW FROM THE TOP - AND SWAP JOBS

I set myself five: I wanted to be a lawyer, start my own business, marry a good man, have a couple of children and enough money to choose how I spent my life. By the time I was in my late 30s, all five goals had been fulfilled and I started to

feel a bit lost, like I had nothing more to aim for. Targets had always worked for me –I liked them – so I took the decision to go into politics. As a lawyer, I'd made it my business to help people who didn't have the resources to help themselves, and politics seemed like a pretty close relative to that ideal. But I had no political experience to speak of, so I was stepping far out of my career comfort zone. Having been pretty near the top of my game in law, side-stepping into politics was like going back to school; everything was new. But I got there and I've never felt so alive.

9@HELENGRANTMP





Accept defeat

HELEN LEWIS, DEPUTY EDITOR,

NEW STATESMAN

I had been working on a national newspaper for several years, and my job involved working 12-hour days under huge pressure. When a role came up at a political magazine, one that offered less responsibility (and less money), I made the move, but I felt like a huge failure, like I couldn't 'hack it'. Four years later, I no longer see it that way. I was approaching work as if there were some virtue in being stressed and unhappy. Now I can see that self-worth does not depend on how many hours you spend in the office, and as my happiness levels have soared, so has my career.

BE UTTERLY OVERWHELMED

MARTHA LANE FOX CBE. CO-FOUNDER. LASTMINUTE.COM

The year 2000 was terrible: I had co-founded lastminute.com, and many people thought our soaring share price after flotation and then the sudden price drop was what brought about that year's UK stock market crash. This was worse for me than for my business partner Brent Hoberman, as I had been the public face of the company. We'd worked feverishly hard and been successful, but now I was being personally attacked – from reasonable challenges to us as a business, through to threats of rape and violence. It was an extraordinary fast-forward that definitely knocked my confidence. But the experience also gave me clarity and reinforced the things I thought were important: my determination to do the best for myself, my employees and my customers.



Work with sexist men – then fight back



TAMARA MELLON, CO-FOUNDER OF JIMMY CHOO AND FOUNDER OF TAMARAMELLON.CO.UK

I've faced so much sexism in my career, but one occasion springs to mind specifically: the hostile takeover of Jimmy Choo in 2011. I felt undermined, frivolous and generally less than equal. It was awful, after having built the business, to be made to feel like a guest in my own home. When I disagreed with something – anything at all – I was being 'difficult', or a 'diva', or a 'bitch'. A man would never be given those awful labels, but this happens so often to women in high-level positions.

It made me second-guess myself: if a boardroom full of men think I'm being difficult, then I must be! But looking back, I know that I was not the 'diva' or a spendthrift glamour queen who contributed nothing. It forced me to speak up and fight back. Most successful women suffer from impostor syndrome, which is about not valuing ourselves enough, but also about not being valued. It is important for women to speak up. I learned to find my voice and not be afraid.

READ IT

Meet more of the UK's most inspiring women at elleuk. com/tags/elle-feminism

♥ @TAMARAMELLON

Sompiled by: Maybelle Morgan, Georgia Simmonds

ELLEUK.COM 121

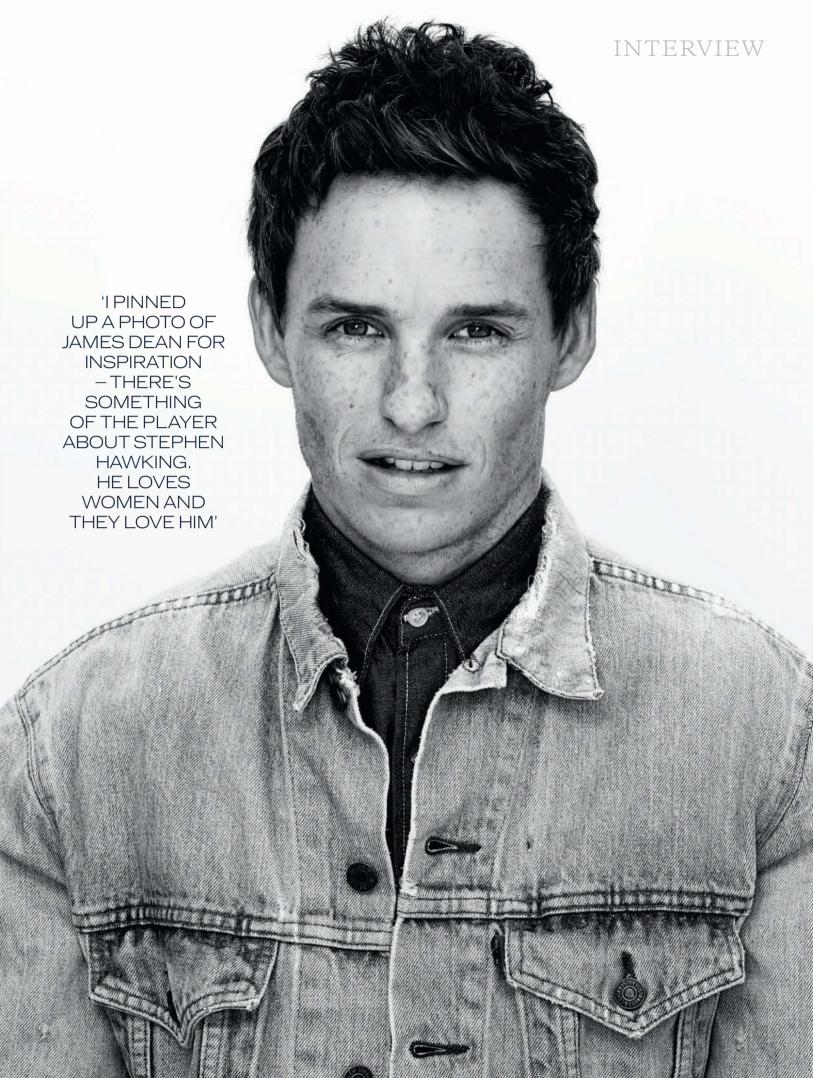


Attracting Oscar buzz for his portrayal of Stephen Hawking in a new film, Eddie Redmayne is about to move up a gear in his career. ELLE meets a man ready for the next level

Interview Mark Smith Photography Aitken Jolly Fashion Grace Cobb







oogle the name of a celebrity with the word 'is' in front of it, and the questions that pop up in the search bar deliver remarkable insights into the issues of our time. Is Beyoncé black? Is Lenny Kravitz dead? The people of the internet want answers. (As far as I can tell, it's a 'yes' and a 'no' respectively.)

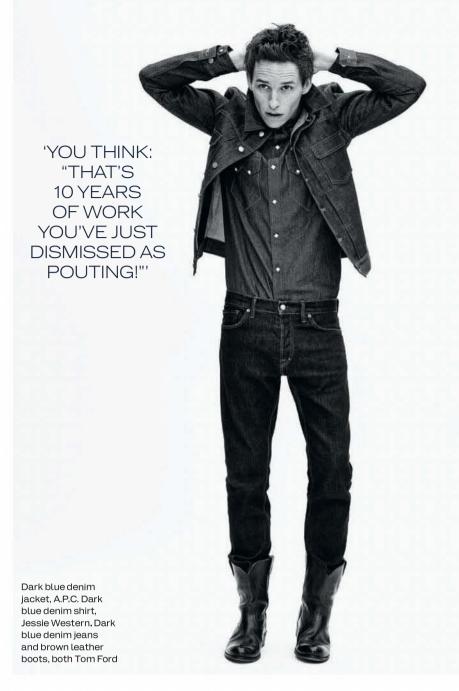
Perform the exercise with the name Eddie Redmayne, 32-year-old star of *Les Misérables*, *My Week With Marilyn* and new Stephen Hawking biopic *The Theory Of Everything* – a movie so steeped in Oscar buzz it's practically vibrating and it's clear which way the wind of popular curiosity is blowing. Most-googled query: 'Is Eddie Redmayne married?' Second most-googled: 'Is Eddie Redmayne single?'

Having spotted the discreet announcement in *The Times*, then the photos on the Mail Online (headline: 'Eddie Redmayne's fiancée Hannah Bagshawe shows off stunning engagement ring for first time at Wimbledon'), I don't need to put either of Google's Big Questions to the 5ft 11in man sitting next to me. Which is handy because, at this point, it's Eddie Redmayne who's conducting the interview.

Dressed in a checked shirt, jeans, scuffed brown boots and Albert Einstein-print boxers (he undressed quite a lot at the ELLE shoot and I didn't always summon the presence of mind to shield my eyes), he's rifling through my journalistic toolbox with analytical zeal. 'Nice pencil case! Where does one go to buy a Hello Kitty four-colour Biro, then?' Spotting the words 'STAG DO' on my list of notes, he smiles indulgently: I can tell you right now you're going to get very little out of me on that subject.

'I do love a good checklist, though,' he concedes. A happy attribute, I suggest, given that Eddie has a wedding to plan. On the subject of his betrothed, he volunteers the following: 'Hannah's amazing. She works with an antique dealer now. She studied English and languages, so she's my counsel for script-reading. She tells me whether to give something a miss.' In fact, the pair – who met three years ago through friends – were up late last night addressing invitations to the big day, although they apparently had to tear themselves away from the new series of Gogglebox in order to do so ('Isn't that show just magical?'). What's more, Eddie chose the venue for our interview – Bibendum restaurant in Chelsea – so he can pop into the adjoining Conran Shop to choose a gift for Hannah's mum's birthday. Tomorrow, he'll fly to LA for a two-month promotional stint: 'I haven't packed yet.'

Wedding aside, the red-letter day we're here to discuss is the release of Eddie's new movie. *The Theory Of Everything* is arguably the actor's career-defining moment, charting cosmologist Stephen Hawking's days as a PhD student at Cambridge (coincidentally, Eddie's own alma mater), his



diagnosis with motor neurone disease, and the refusal to let an incurable, physically devastating condition get in the way of becoming the foremost physicist of the past century. Or the father of three children, for that matter: 'Sexual function is not impeded by MND,' confirms Eddie. 'I think in some ways it's one of the last sensations you're able to truly enjoy.'

The film is based on the memoirs of Hawking's first wife, Jane (played with moving intelligence by Felicity Jones), who was present on set as a consultant, but also acted as an impromptu stylist: 'On the first day of filming, she took one look at me and said, "No, Eddie. Stephen's hair would have been much messier." Hawking himself has embraced the project to the point that it's his own distinctive, computerised vocal that is used.

The role is Redmayne's most physically demanding to date, and he has scars to prove it. Pointing at a deepish groove running from one corner of his mouth right up to the nostril, he says: 'This line got much deeper throughout filming, because I've been contorting the muscles so much.' It's also a role that Eddie's friend Benedict Cumberbatch has

already tackled on the small screen, in 2004's *Hawking*. 'I'd heard Ben's performance was extraordinary,' says Eddie, 'so I decided not to watch it because I'd have been tempted to steal from it.' That said, when shooting took Eddie to Harrow, where Cumberbatch was once at school, he couldn't resist sending Benedict a photo of himself in front of an honours board bearing the Cumberbatch name.

Another of the film's many unlikely revelations is that Stephen Hawking circa 1963 is a really, really good look. For every part speccy cosmologist, there are three parts Tom Ford: all velvet blazers, crisp white shirts and jaunty ribbon ties. According to Eddie, this isn't the result of some Hollywood-does-Hawking makeover. 'Stephen dressed like that. An image I pinned up in my trailer for inspiration was a photo of James Dean, because there's something of the player about Stephen. He loves women and women love him.'

A mark of this film's copper-bottomed class is that, three quarters of the way through, in marches Maxine Peake as Hawking's carer (and, subsequently, his second wife). It's arguably all par for the course, given that Eddie has co-starred with cinema's most remarkable talents. He's played Julianne Moore's son in Savage Grace, Angelina Jolie's in The Good Shepherd, and skinny-dipped with Michelle Williams during her Golden Globe-winning turn as Norma Jean in My Week With Marilyn.

It's almost a decade since Eddie won the Critics' Circle award for Best Newcomer on the London stage (in *The Goat, or Who is Sylvia?*), and almost five years since he scooped an Olivier Award for his role in John Logan's play *Red*, opposite Alfred Molina ('my hero'), who played artist Mark Rothko. But Eddie's formative acting inspiration, as disclosed in our taxi from the shoot, is 'the work of Susan and Karl Kennedy', veteran residents of Ramsay Street, Australia.

Me (wondering if I'm having some kind of hallucination): 'As in, off *Neighbours*? Are you kidding me?'

Eddie: 'No, no, no! Watch, and you'll find that everything they do is on another level of genius. I really do think so. They are the greatest unsung acting duo in history.'

Me: 'Have you met them?'

Eddie: 'No. That would be complete stage fright. I've met quite a few extraordinary actors, but either Susan or Karl? Well, I don't think I'd be able to talk.'

Me: 'More than Angelina?'

Eddie: 'More than Angelina.'

I get the impression that Eddie could hold his own with anybody, even the Kennedy clan. A former Eton boarder, not to mention erstwhile member of a boy band called Blue Tonic ('You b*stard! Where did you get that information? We were horrendous. I sounded like Kermit the Frog meets Andrea Bocelli'), he's a walking, smizing, gloriously befreckled riposte to the idea that Britain's public schools are a breeding ground for emotionally constipated men.

Having been on the receiving end of a hearty Redmayne hug, I get the impression they're in no short supply. On the ELLE shoot, he radiates the air of a man who's entirely comfortable around women. 'Film sets are still pretty male-driven places,' he reflects. 'And on stage as well. Sometimes

I wonder why there seem to be so many more interesting male protagonists doing the rounds. Given that what we do is storytelling, diversity should be reflected in art, right?'

Right. And a case in point is upcoming film *The Danish Girl*, in which he – an art history graduate – will portray artist Lili Elbe during her groundbreaking 1930s gender reassignment. 'I've been talking to trans women about what it's like and I've learned so much about the male gaze. The more I work, the more I realise being white, male, straight... Without having done anything at all, I've been dealt a lucky set of cards. I guess all I can do is make the most of it.'

On the subject of his Cambridge credentials, Eddie says he was initially floored by being back there to film *The Theory Of Everything*. 'The ball scenes we shot were much more glam than anything I remember from my own student days. But then I got a text from my mum and dad, saying how amazing it was to think that, 10 years after graduating, I was back there making this film. It took that for me to pull my head out of my arse and throw myself into the project.'

He is nice to fans, to the point he once did an interview for a website called iloveeddieredmayne.com ('It's run by this really nice woman, she was lovely') and if he notices someone snapping a covert picture of him on the Tube, he says he's always tempted to invite them for a selfie instead.

And while it's true that he still looks shockingly youthful, Eddie has reached a point where he's finally being perceived as more than just a pretty face. 'I read a review recently that said, "Who knew Eddie Redmayne was more than a pout?" You think, "Nice you've recognised that, but at the same time, that's 10 years of work you've just dismissed as pouting!"

Before heading off to buy the aforementioned gift, he pays our bill while I'm (unpoetically) in the loo. On my return, he kindly autographs his own forehead, on the cover of a magazine I've brought along on behalf of my other half's besotted mother: 'Let's milk it for maximum brownie points,' he says with a conspiratorial grin.

Brownie points-wise, what he writes has to be the equivalent to 20 years of tea-making: 'To Vida. Mark was raving about you. Ed.' Four days later, my mother-in-law is uncharacteristically speechless. She has one question, though...

Vida: 'Can I ask you something?'

Me: 'What's that?'

Vida: 'Is Eddie Redmayne single?'
The Theory Of Everything is out 1 January





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MEET THE WINNER

of the 2014 ELLE TALENT **COMPETITION**

Competition, now in its sixth vear, proves how good you are at producing it, too. We asked you to send us 'The Letter I Wish I'd Written' and, after much deliberation, we picked Flora Carr. 19. as the winner. Flora, who is studying English Literature at the University of Exeter, impressed our judges: ELLE Editor-in-Chief Lorraine Candy, Faber & Faber Publishing Director Hannah Griffiths. ELLE columnist Emma Forrest. novelist Nina Stibbe and ELLE Content Director Alice Wignall. As Flora explains, her piece is: 'For everyone who has had their heart a little broken.'

We know FLLE readers love

great writing, but our Talent

@FLORACARR



Flora (left) wins a weekend in Paris, staying at Le Pavillon des Lettres hotel. with return travel courtesy of Eurostan



EMMA STEVENS

These four runnersup each receive a monogrammed Smythson Soho Notebook, worth £135:

SONNY MARR



TAMAR HODES





THE LETTER I WISH I'D WRITTE

Dear Tall Brunette.

If you're reading this, a certain guy has taken an interest in you. You'll know the one I mean. Big arms knotted with muscle, but then he's got this baby face that makes you want to hold him. Flirts in his sleep. Gets away with murder. Yes, that's the one.

It's hard to tell you this. Believe me, I know what he's like. How you feel right now. The whole world is a Gustav Klimt painting, filled with golden swirls and banks of flowers and embraces frozen in time.

How can I tell you? He'll deny it anyway. But I have mementos. Tangible proof of 'us'. Exhibit A: a note he wrote for me, October last year; and B: my birthday present from him - a chocolate advent calendar. It's empty now.

He played it beautifully, I must say. So cheeky. The loveable scoundrel who'd quickly inspect my bras, hanging up to dry. '32C,' he said. 'I would have said that. Actually, I would have said 30.' 'It's the swimming shoulders,' I replied. I tried to always have a retort, a quick remark.

He kept coming to my room in our university halls to play me songs or dirty videos off YouTube. At the same time, he was sweet. He left me notes and gave me presents. He prided himself on being able to cheer me up.

He talked about his love life, too, about girls he'd pulled or girls he wanted to pull. I guess that was part of his game. Maybe you're more familiar with the rule book. But then, maybe not. Perhaps you're feeling just as unsure now as I felt then. Every time he spoke, the reality I'd built slid out beneath my feet.

One night, he woke me up, banging on my door, drunk. 'Girl trouble,' he said. He collapsed on my bed and asked me how I smelt so good, even after I'd just woken up. 'You're always taking the p*ss out of me,' I said. 'I can be nice,' he said.



'I can be anything. I can be nicer.' We were only half awake. He kissed my neck, but I wasn't sure if I was dreaming. He fell asleep; the ghost of his mouth still there on my skin. 'I'll always be your friend.' he'd said.

A month later, we slept together in my tiny student bed. He'd knocked on my door again.

'You're happy to see me really,' he slurred. It was rough, clumsy. He got a nosebleed halfway through, drops of his blood rolling down my cheeks like tears. I brushed them away; it was always either laugh or cry with him.

I hope that made you smile. Or maybe it's all starting to hit you. Things he said and did with me that he's said and done to you. The gold paint cracking before your eyes. I'm sorry. Don't worry - just one more night needs telling.

A February night. We were sitting on a bench. His head came to rest in my lap and my gloved fingers, unbidden, crept to his hair, began to run themselves through it. He smiled and asked to sleep in my room. 'You're drunk,' I said. I got up to leave.

'I need your advice,' he said. 'You're a clever girl.' He told me about someone called Laura who he said he really, really liked. Tall, brunette. 'Should I try my luck?' he asked. 'Go for it,' I said.

I didn't mean it then. I cried for two days. But now... As I write this, I'm trembling with a strange mixture of joy and fury and relief. I hope you've read this to the end, haven't thrown it away. Because as I sit here, I can see the sun beginning to rise, and the whole sky is made of gold.

Come see.

From The Last Tall Brunette

READ THE RUNNERS-UP If you loved Flora's piece read our other favourite

entries at elleuk.com









Nº1 Kick-ass Kim > Lessons in confidence from Mrs Kardashian West №2 All things bold and beautiful > Jacquetta Wheeler wears the new power florals №3 How to build a wardrobe > From the leather trousers to the modern tux, these are the 10 pieces you need now

WHO DOES



KARDASHIAN WEST



SHE GETS 20 NEW TWITTER FOLLOWERS A MINUTE. LAST YEAR,

SHE MADE \$3,000 EVERY HOUR. 2.41 MILLION PEOPLE 'LIKED'

HER WEDDING PICTURE. IT'S KIM'S WORLD, WE JUST LIVE IN IT

 $Words\,\textbf{Louise}\,\textbf{Gannon}\,Photography\,\textbf{Jean-Baptiste}\,\textbf{Mondino}\,Fashion\,\textbf{Anne-Marie}\,\textbf{Curtis}$



'IT'S GOOD TO BREAK THE MOULD

AND RECREATE ONE' - KIM ON CONFIDENCE

On the day that private nude photos of Kim Kardashian West have been leaked online, she is calmly wandering through the lobby of The Dorchester hotel in London at the appointed hour of our lunch date. We were due to meet in a private suite, but she has slipped away from her security team and instead chosen to meet me in the busy restaurant. 'I like to bust out on my own now and again,' she says, taking her seat. 'I'm fine. I can take care of myself.'

The most famous woman on the planet is tiny $(5\text{ft}\,2\text{in})$, minimally made-up and dressed casually in black trousers and a sleeveless black top. What is more striking is how she carries herself: both at ease with and indifferent to the swivelling heads, a Mona Lisa smile completing her look, she moves unhurriedly through the room. I have never met a star more comfortable with themselves and their fame.

But there are some things even an iron-clad confidence can't protect you from: the leaked photos, stolen (like those of Jennifer Lawrence, Kirsten Dunst and Rihanna) by cyber hackers. She shrugs: 'I feel violated because these are private pictures. I didn't choose for them to be out there. But I'm also realistic. I'm on covers of magazines practically naked, so I can't go crazy about it. The only choice I can make is to not let it shake me up. I'm not having that choice taken away from me.'

Since the reality television series Keeping Up With The Kardashians started seven years ago, Kim, her two sisters Kourtney and Khloé, her brother Rob, her 'momager' Kris - plus, latterly, half-sisters Kylie and Kendall Jenner - and all their other halves have become cultural phenomena. But none more so than Kim. Love her or hate her, she has courted attention - documenting everything not captured on the show on her Twitter, Facebook and Instagram feeds (total following at the time of going to press: 70,745,416 and counting) - and captivating not just the public but some of the most powerful figures in the fashion world. She's worth an estimated £40m, has appeared in films, in cartoons and at the Met Ball, and her Kardashian Kollection at Lipsy clothing line is a sell-out. On top of that, there is her chain of clothing stores, DASH, and the Kardashian Khaos outlet in Vegas, along with make-up lines and a new app, Kim Kardashian: Hollywood, which made £27 million in its first three months.

She has also become mother to baby North and married rap king Kanye West in a ceremony played out in Paris and Florence with an extravagance not seen since the days of the Medicis. 'You think so?' she asks. 'I just wanted to celebrate. Though it probably did seem very over the top, the day itself was really intimate: 150 family and friends.'

Kim is the ultimate example of an Andy Warhol vision pop art in permanent performance. We are transfixed. But why? Sitting opposite her, I have to concede that a lot of it has to do with her looks. She is Cleopatra beautiful: perfect

skin and the sort of face you want to keep looking at. More than that, though, is an innate self-possession. It's clear that Kim doesn't really care whether I - or anyone else - thought her wedding was over the top. Like she doesn't seem to really care about the topless pictures or that some people believe she has been constructed entirely by plastic surgeons. 'I've had Botox and fillers,' she says. 'I haven't had a nose job or a facelift. I've not had any implants - why on earth would I want an even bigger butt? I haven't had my waist made smaller. I've been like this since I was 11 years old.

'It's taken me a long time to be happy with my body and for my confidence to grow to what it is today. I grew up when the body to have was the tall, slim, supermodel one, like Cindy Crawford's. No one looked like me. It's good to break the mould and recreate one. I'm an Armenian girl, I have shape, and it turned out people liked that. That makes me feel good about myself and about other women for being so supportive. I am a confident woman, but I didn't just arrive confident – it has built over the years and that is a big part of who I am now.'

Kim is easy company. There is something relaxing (and refreshing, for someone who interviews a lot of celebrities) in the way she talks so openly about herself–rarely with any form of self-analysis. She has learned to filter out negativity in the same way she has learned only to go out in a bikini on overcast days: 'It's a trick of the light. There are paparazzi everywhere, that's a fact, so if I go out in bright sunlight all my cellulite will be lit up and visible. If it's overcast, you can't see it. I know it's there, but you won't.' It is the point of view of someone whose life is entirely lived in the public gaze – and who is entirely accepting of that fact.

Ask her what *does* bothers her and she says two things: 'One is the fact that when anything goes wrong in any of my relationships, or my sisters' relationships, my family gets the blame. And the other thing that bothers me is that I'm not pregnant. That's what bothers me most. I want to be. We're trying really hard but it isn't happening. A few years ago I was told I could never get pregnant. Three different doctors told me the same thing, which is why I wanted to have my eggs frozen. I was just about to do that when I found out I was pregnant with North.

'The whole experience was so strange because it was like it wasn't supposed to happen. I wasn't expecting it and my body just went crazy. After five months, I swore I'd never get pregnant again. I got so huge and it felt like someone had taken over my body. Sometimes I'd be sitting there, nearly 200lbs, crying and swearing this will never happen again, and sometimes I'd actually be laughing about it. I'd think God was doing this for a reason. He was saying: "Kim, you think you're so hot, but look what I can do to you." And then as soon as North was a few months old, I just wanted to get pregnant again. I love being >







COVER STAR

KEEPING UP WITH KIM KARDASHIAN WEST

1980 Born Kimberly Noel Kardashian

2 high-profile parents: Kris Jenner (her manager) and the late attorney Robert Kardashian, who was part of O.J. Simpson's legal defence team

7 other members of the immediate Kardashian clan: siblings Kourtney, Khloé and Rob, mother Kris, stepfather Bruce Jenner, and half-sisters Kendall and Kylie

1 famous preschool friend, Paris Hilton

14th birthday party held at Michael Jackson's Neverland ranch

2 previous marriages: to music producer Damon Thomas (2000-2003), and basketball player Kris Humphries (for 72 days in 2011)

130 episodes of *Keeping Up With The Kardashians* aired since 2007

2008 Becomes most Googled celebrity (prior to that it was Britney Spears)

2012 Starts dating Kanye West, who she later marries in May 2014

25.2 million Twitter followers

21.1 million Instagram followers – Kim's 'belfie' received over 1.12 million likes, while Kim and Kanye's wedding kiss is the most-liked Instagram pic of all time, with more than 2.4 million likes

1 daughter, North West, born 15 June 2013

For more Kardashian info, see our Kardashian 101 at elleuk.com

Ahead of the curve: the bottom that changed fashion forever White cotton top, Intimissimi. White J Brand jeans, Kim's own. Black satin belt, L'Agent by Agent Provocateur

a mother, I love everything about North. I love how it's changed me, how we are a family, how strong I feel. I want a boy and another girl; I want it to start happening straight away. I loved being part of a huge family - and I want that for North. We'd do IVF if nothing happens, but we both want to keep trying naturally.'

Kim seems unaltered by fame, whether she's in public or in private. It is, perhaps, the reason she has cultivated a devoted following. 'I am very much who you see,' she says. 'I don't have two personalities.'

And she relishes the exposure. 'When I was 12, the first reality show came on television. It was called *The Real World* and I loved it. I made my best friend swear that when we were 18 we'd do audition tapes for it. She said no, but that I should do it and she should be my manager. Twenty years on, I'm on a reality show and she manages artists.'

Despite growing up in Beverly Hills and being friends with girls like Paris Hilton, Kim's father Robert (who split from Kim's mum Kris in 1991, and died of oesophageal

cancer in 2003, age 59) was strict with his four children. 'We couldn't go out on Saturdays because we had to eat together, and it was church very early on Sundays.'

Her late father was a huge influence: 'My dad was obsessed with documents and contracts. At Christmas, we would have 'gift' documents in our stockings with 'A One Hour Talk With Your Father About The Meaning Of Life' written on. At the time we'd all moan about it. He loved to talk big stuff with us. Now that I have lost my father, I'd give everything I have for one of those hours.'

She tells me a story that helps to explain her self-confidence. 'When I was 13 [two years after her parents divorced], my father wrote me a letter. I was unhappy with my body – I developed really early. Every night I'd sit in the bath and cry, and pray my boobs would stop growing. I wanted to be Kourtney, who was flat-chested. He told me that I had a body not many girls have, that later it would lead to attention from men, but that the most important thing was that I was a wonderful girl and I had

'YOU CAN'T CONTROL OTHER PEOPLE'S BEHAVIOUR. BUT YOU CAN CONTROL HOW TO RESPOND TO IT' - KIM ON CONFIDENCE

to understand my self-worth. In my 20s, I'd let guys cheat and friends treat me badly. I'd never let that happen now.'

Kim first came to the attention of TV producers when she appeared occasionally in Paris Hilton's show *The Simple Life*. But in 2007, a sex tape she'd made four years earlier with her then-boyfriend, singer Ray J, was leaked – making her the centre of an internet storm. It was around this time that producer Ryan Seacrest approached the Kardashian clan to document the minutiae of their daily lives.

'When the idea for our show came up, we were all up for it. We'd opened [DASH] and all thought it would be great exposure. We didn't think it would last beyond the first series, and now here we are ready to do season 10. I think people love that, underneath everything, we are a family.'

Kim's current passion is the clothing line she designs with Khloe and Kourtney: Kardashian Kollection at Lipsy. 'I'm passionate about girls wearing great affordable clothes that just look good on them and suit their shape. I used to follow fashion and so many trends didn't work on me. [The range] different shapes so women can find their style [...] and stick with it, which is what I do.'

Kim's younger half-sister Kendall Jenner is also breaking into the fashion world, so I ask if it is true that there is rivalry between the two: Kendall spent Fashion Week walking for Chanel, Givenchy and Sonia Rykiel. 'I didn't know there were those rumours,' she says. 'But then I read that the other models were putting cigarette stubs in Kendall's drinks and bullying her. I rang her in a panic and she told me it was all nonsense and that she'd been having a ball. I think she will be a huge star. I definitely think she will be bigger than I've ever been.'

I ask her if there have been moments on the show she'd do differently. She nods: 'The worst time for me was when I divorced [for the second time, after a 72-day marriage to basketball player Kris Humphries in 2011] and the public reaction was terrible. I was blamed and shamed; no one wanted to see any other side. My confidence fell to pieces. I took four months out; surrounded myself with family. By the end, my attitude had changed: I felt I was just going to get on with my life; not worry about what people thought.'

Her relationship with Kanye isn't like her past marriages, she says. 'It's different. We're a team. We are opposites in so many ways, but we are also two peas in a pod. He was my friend for years before we got together. I always liked him, he always liked me. I'm no expert, but if I have one piece of advice for marriage, it is to be friends first.'

Kanye 'gets' her - her strength, and her vulnerability. In the months after North was born, she stayed with her mum, Kris, and beat herself up about her pregnancy weight.

'One day, I came downstairs and in my mother's hall were rails and rails of clothes. There were shoes, coats, dresses and trousers. Kanye was putting more of them out on rails. He said: "Babe, I went shopping for you. You're going to try everything on and we're going to see what looks great on you. The rest you can send back."

'I was so touched, but I also felt totally overwhelmed. Kanye was so patient. And he's got this natural confidence that has rubbed off on me. That helped me so much on so many levels. He's become my stylist. A lot of the clothes he's picked out for me are the ones that the fashion people have really loved. Bottom line: he just cares; he gets me.'

In the flesh, Kim looks less 'done' than she often does on TV. 'Since North, I wear less make-up. I used to wear a lot and I think that was why I looked like I had work done. I just wanted to be skin to skin with her, no make-up in the way. Kanye loves me more natural; I think all men like less make-up on women. I think it is sexier.'

I wonder how she feels about North growing up on *KUWTK* and whether Kanye wants her to scale back. 'In my life, no one has to do anything they don't want to do, and no one is told what to do. There's a myth that Kanye controls me or my mum controls me. I've always made my own decisions. North will be part of the show, but she'll just be in and out, like Kanye is.'

Three days ago she was in bed, on steroids, because her back went after a long-haul flight from Australia to LA with North and Kanye. Then, in an overexcited attempt to kiss her mummy, North accidentally split Kim's bottom lip. 'I was in bed icing my back, icing my mouth, knowing I had to get back on a plane to come to London in two days and I was in agony.'

I ask her why she bothered. At 34, a multimillionaire herself and wife of one of the richest stars in the world, Kim no longer needs to do anything, let alone promote a fashion range or meet up with a charity to counter cyberbullying ('I want to put myself out for that cause. I hate that there are kids killing themselves over cyberbullying').

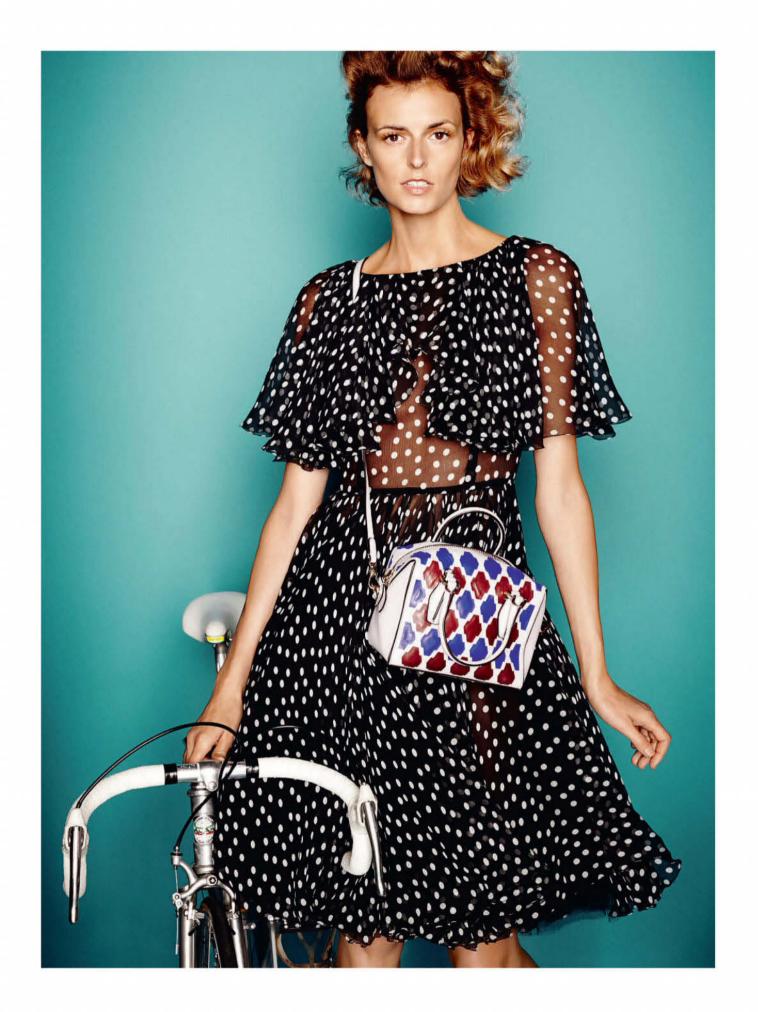
She raises an eyebrow. 'But I wanted to come to London Fashion Week. I wanted to come to London. I love this life I have; I'm having a blast. Nothing is going to stop me.'
The Kardashian Kollection at Lipsy is available in stores and online at lipsy.co.uk now











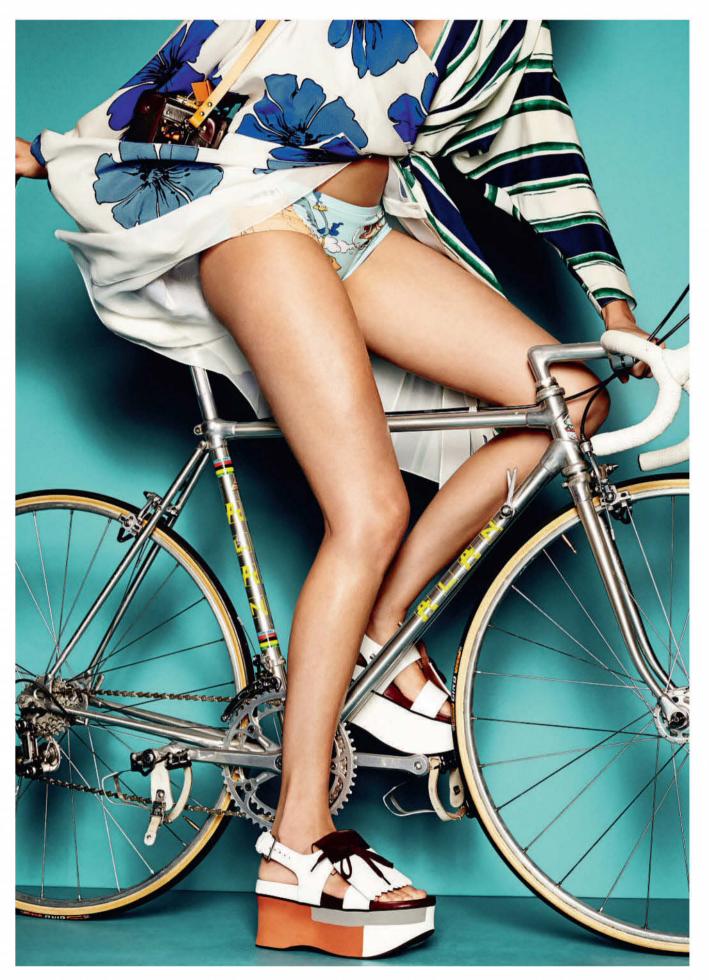
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This page: Cotton dress, £2,250, Chanel. Leather sandals, £530, Marni. Acetate and metal sunglasses, £271, Tod's. Leather bag (on bicycle), £2,390, Louis Vuitton Opposite: Silk-chiffon dress, £4,650, Dolce & Gabbana. Leather bag, £1,300, Tod's







































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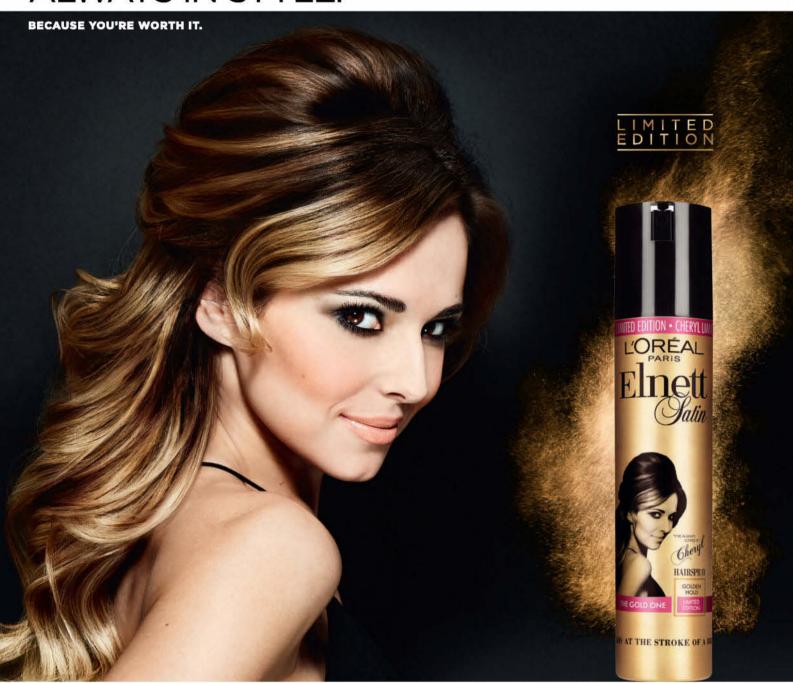


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5 DECADES OF LEGENDARY HOLD.

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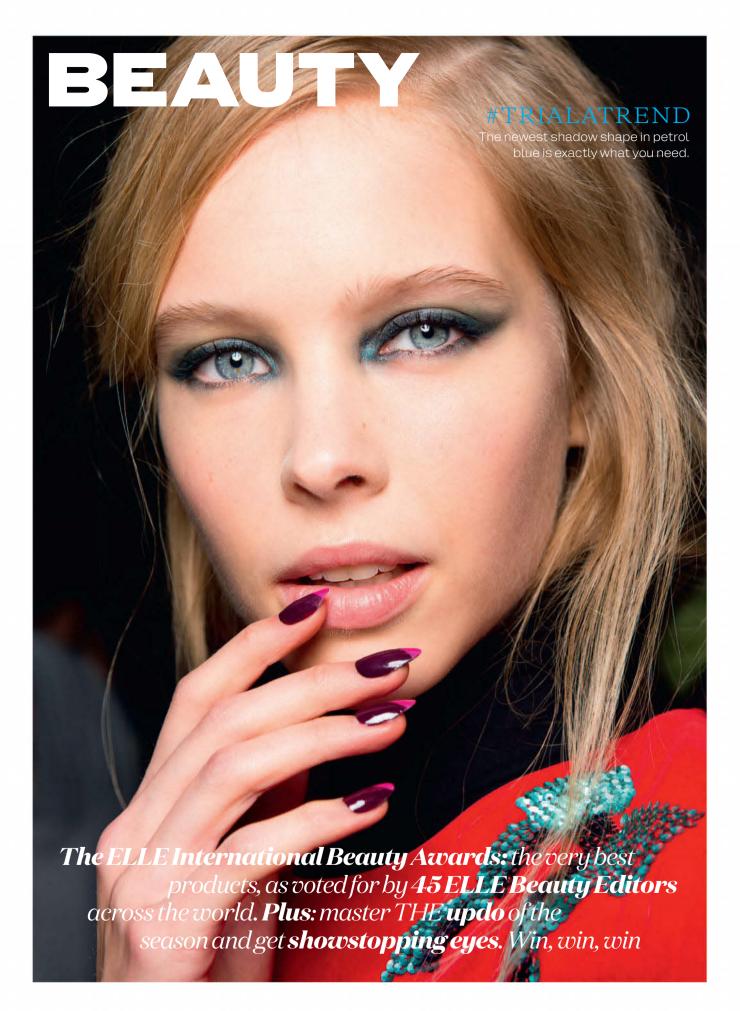
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BRITAIN'S N°1 HAIRSPRAY*







There are *hundreds* of products launched every month worldwide and, between them, the *Beauty Editors* from ELLE's 45 international editions test every single one. Here they reveal the *best products* of 2015. Welcome to the *ELLE International Beauty Awards*





The angled wand of Lancôme's latest mascara makes application easier. The idea was stolen from Fashion Week shows, where make-up artists bend wands themselves to get the best finish. 'The angled brush reaches the tiniest of lashes, while the formula gives a fan-like effect,' says Tengku Zai, Beauty Editor at ELLE Malaysia.

5 NAIL POLISH

Dior Vernis, £18.50

Easily the winner in its category, this reformulation of Dior's classic polish comes in 21 shades and gives a gel-like finish, resilient to chipping. We love the wide, flexible brush, making professional-standard application easy. ELLE UK's Beauty Director Sophie Beresiner wears Nuit 1947 (a deep, dark burgundy).



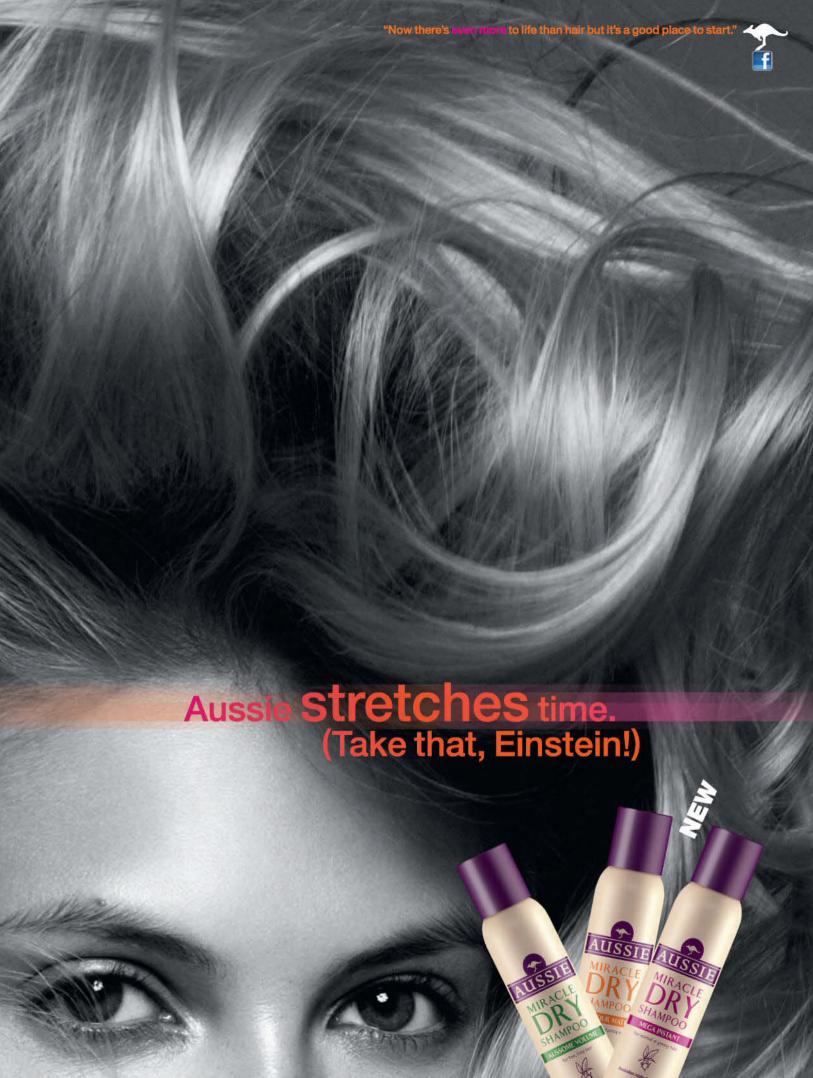
8 LIP COLOUR YSL Baby Doll Kiss & Blush, £27

Not all two-in-one products are created equal and YSL has nailed it with this hero lip-and-cheek colour. ELLE Canada's Beauty Director Vanessa Craft agrees: 'Many multitaskers don't live up to their claims, but this beautifully textured lip and cheek tint is easy to blend and leaves a soft matt finish.'>

7 FOUNDATION

Chanel Perfection Lumière Velvet, £33

This was the clear victor, since it expertly marries a lightweight texture with a matt yet brightening finish. Our Beauty Director Sophie says: 'Luminising, yet soft and powdery, it is the only liquid formula to have tempted me away from my favourite mineral powder.'









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that they smell Aussie-fabulous and

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we do (see what we did there?)





salt water and chlorine. It prevents UV damage, and promotes a rich, healthy looking tan.'

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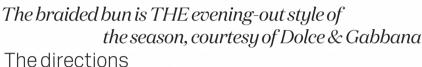
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THE NEW UPDO



The ingredients



Volumising mousse Moroccanoil Root Boost, f18.85

Comb

Mark Hill Just Tease Me! Wide Tooth Comb, £3.69



Illuminator

VO5 Nourish My Shine Miracle Illuminator, £4.99

Hairdryer

BaByliss Pro Max Dryer Black, £28.80



Waving wand ghd Curve Classic Wave Wand Set, £110

Dry shampoo Redken Pillow Proof Blow Dry Two Day Extender, £11.85



Hairbands

Superdrug Metal Free Hair Bands £2.59 for 18



Hairpins

Hershesons Pin Me Down Hair Pins, £6 for 75



Hairspray

Tresemmé Superior Hold Touchable Feel Hairspray, £5.25

Create the right texture to hold the style. First, apply a palmful of volumising mousse on to damp hair in sections, then work through from roots to ends with a wide-tooth comb.

2 Next, massage a penny-sized blob of illuminator cream into the midlengths and ends of your hair to smooth frizz and keep ends looking healthy.

Blast your hair with a powerful hairdryer and rough dry with your fingers to create texture.

Separate hair into three sections from bottom to top. Starting with the bottom section, take one-inch pieces of hair and wind them around the waving wand. Point the wand downwards as you wind, and hold the hair in place for a few seconds before shaking out. The oval-shaped wand will give a naturallooking wave instead of bouncy curls.

5 Spray dry shampoo on to the midlengths and ends of your hair to add to the light texture, get rid of any excess oil and help your style last longer.

Tie all of your hair back into a loose, mid-ponytail at the back of your head.

Separate the ponytail into three sections and braid them into a loose, dishevelled plait. Fasten with a hairband.

Wrap the plait around itself to create a wide, oval-shaped bun, then tuck the end of the ponytail underneath to disguise the hairband. Secure in place with hairpins.

Apply a light layer of hairspray all over, to keep everything in place.

Finally, pull out a few pieces of hair around your hairline to softly frame your face and add to the dishevelled feel. Wrap the pieces around the wave wand if you want extra movement.

Substitutions and additions 👨 = swap + = add

CURLY/COARSE HAIR

ADD ghd Natural Bristle Radial Brush Size 3, £20 use this to blow-dry your hair smooth.

+ ADD Philip Kingslev Smooth Cream, £18, to eliminate frizz and relax tight curls

FINE HAIR

SWAP Illuminator cream for Bumble and bumble Thickening Hairspray, £21.50.

+ ADD label.m Resurrection Style Dust, £12.75, before step 6, to give added texture and a stronger hold.

SHORT HAIR

+ ADD Hershesons The Invisible Ponytail (in your shade), £60 - attach to your hair instead of step 6.

SWAP Hairspray for Percy & Reed Reassuringly Firm Session Hold Hairspray, £12





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1 Get curling Invest in a great eyelash curler, it's the most important tool for making your eyes look bigger. Even if you have long lashes, if they're straight they'll never fully emphasise your eyes. ELLE loves Eyeko Lash Curler, £12. **2 Wear mascara** The



no-mascara trend is a great catwalk statement, but in real life, wearing mascara will make your eyes a focal point.

3 Be strategic Use your mascara to complement your eye shape. Applying extra to the outer corners of your lashes will lengthen your eyes, while focusing on the middle of your lashes will make them look rounder. I love using jet-black Giorgio Armani Black Ecstasy Mascara, £25.50.

4 Go bold Alternatively, you can add individual false eyelashes to these areas for a high-impact look. ELLE recommends Eylure Individual

False Eyelashes, £5.29. **5 Get instant results** A quick trick to draw attention to your eyes is to dab a light-reflecting, illuminating cream at the inner corners. ELLE loves Mac Cream Colour Base in Pearl, £15.50. **6 Choose natural shades** Instead of using white eyeliner on your lower lash line, which

can look obvious, use a beige, flesh-toned kohl to make your eyes

SHOP IT
For more must-try new make-up looks, go to elleuk.com/beauty

appear bigger and your whites



HOW TO DO...

BIGGER EYES

Your eyes, only wider, brighter and just, well, better. Giorgio Armani's International Make-Up Artist, Linda Cantello, shows you how

whiter. ELLE loves Smashbox Always Sharp Waterproof Kohl Liner in Nude, £16. **7** Go long Flicked eyeliner is great for framing your eyes, but don't end it too short - especially if you have small or almond eyes. For a noticeable lift, flick the eyeliner up towards the tip of your brows. **8** More is more Avoid doing thin eyeliner if you have deep-set eyes. Instead, try a thicker line with Giorgio Armani Eyes To Kill Waterproof Eye Pencil, £19; and for a softer look, blend it in with the sponge end. **9** Master brows People think that by lifting their brow arches they lift their eye but, actually, a straighter brow looks more youthful. Firstly, fill in the shape with Giorgio Armani Eye & Brow Maestro, £26.50, which gives the most natural tones possible, using an angled brow brush. Next, comb them through with the brush's wand, then define the tip with the angled end. **10** Be subtle Coloured mascaras make your eyes pop, but avoid bright shades - you want people looking at you, not your mascara. Navy is universally flattering. ELLE loves Rimmel Rockin' Curves Mascara by Kate in Eye Rock Sapphire, £7.49.

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The**gloss** trend:

In the battle of gloss vs matt, Sophie Beresiner has her own rules of engagement

have a problem with lip gloss: I just don't like it. Not only on me - on other people, on small children in particular (why is that even a thing?), on photo shoots, slicked on the side of a wine glass. It may be my job to be objective - and I am, honestly, about *everything* else in the beauty cupboard - but I have a personal aversion to high-shine lips. It has hugely benefited my close circle of friends, who get to try them all out for me. I don't like it on them, either.

¥@I_LOVE_LIPSTICK

Why is it such a popular choice? There's a common perception that gloss gives the illusion of a fuller mouth. But I find the opposite to be true. Just as highlighter makes cheekbones look sharp and elongated, gloss strikes a line of light through the middle of each lip. A thin line. By comparison, a rich, matt lipstick in a strong colour creates a block shape that is dense and thick and wonderful. Especially from afar.

Gloss is everything I don't like about make-up - and there are very few things I don't like about make-up - concentrated in one sticky tube. High-maintenance, uncomfortable and generally sheer. What is the point of sheer colour? It's paradoxical.

But - and this is a *big* but - something has shifted in me of late. I'm starting to think that there may be a place for gloss in my beauty regime. Just not on my lips. You can blame it on the new season's catwalk trend for glossed skin and slicked eyelids (yes, actual gloss, on actual skin).

Like an inappropriate boyfriend, I know this trend is going to be bad for me - my pores are having a panic attack just thinking about it - but that's still not putting me off. Of course, like any out-there trend, this will likely be a short fad and then I can get back to my sophisticated matt-velvet finish, like spring/summer 2015 never happened. But for now, I'm a little bit curious. I'm a Beauty Director after all: I like to experiment. So I'm finally championing gloss, but it's staying north of my nose: cheekbones and eyelids only. See below for how I'll be doing it...



ASK IT Got a beauty question?
We can help. Tweet #AskELLEBeauty
@ELLEBeautyTeam every Friday



EYES The perfect place for serious, vinyl-effect shine. Blurs lines while looking punkish and youthful. 1. Paul & Joe Eye Gloss Duo in Bourgeoisie, £16.50. 2. Mac Mixing Medium Shine, £16. SKIN A little goes a long way – keep your base dewy, your T-zone matt, and give cheekbones high gloss. 3. Japonesque Velvet Touch Finishing Powder, £20. 4. Burberry Fresh Glow Luminous Fluid Base, £34. 5. Lanolips 101 Ointment, £11. LIPS For me, it's matt all the way. It was a trend, then it wasn't a trend, but forget that. The heart wants what it wants. 6. Charlotte Tilbury Matte Revolution Lipstick in Love Liberty, £23. 7. L'Oréal Paris Color Riche Collection Exclusive in Julianne's Pure Red, £6.99. 8. NYX Matte Lipstick in Shocking Pink, £6. But if you must, these are the glosses to go for: 9. Aveda Nourish-Mint Rehydrating Lip Glaze in Rose Blush, £16. 10. Stila Stay All Day Vinyl Lip Gloss in Fuchsia Vinyl, £18. 11. Chanel Rouge Allure Gloss in Supreme, £26

Gently does it

Effective cleansing in an instant? See what new **Garnier Micellar Cleansing Water** can do for you

We all know that one of the keys to truly beautiful skin is effective cleansing, but finding a cleanser that fits easily and affordably into your lifestyle and beauty routine, is another matter. Time to let you in on a little secret...

Garnier Micellar Cleansing Water cleanses and refreshes your skin in an instant, leaving skin feeling soothed and hydrated - without the need to rub or rinse afterwards. It's no wonder micellar waters have been a cult product for professional make-up artists working backstage at fashion shows and on shoots for years.

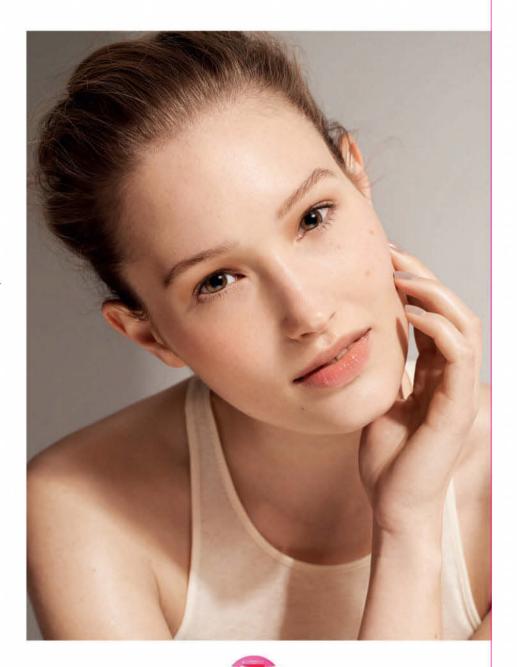
New Garnier Micellar Cleansing Water feels gentle on the skin and is perfect for all skin types, including sensitive complexions. It's a musthave for every beauty regime.

THE SCIENCE

A product that thoroughly cleanses, refreshes and soothes the feel of your skin without soap? It may sound too good to be true, but the 'magic' behind Garnier Micellar Cleansing Water is pure science: it contains groups of molecules (micelles) that act like 'dirt magnets', capturing and lifting away make-up and impurities from the skin. In a recent trial*, 100% of testers agreed it removed face, eye and lip make-up perfectly.

*Consumer test on 50 women

In a recent trial, 100% of testers agreed:
new Garnier Micellar
Cleansing Water
removed make-up
perfectly



ARNIER

Micellar

HOW TO USE

Simply apply Garnier
Micellar Cleansing
Water to a cotton pad
and wipe across your
skin for gentle and
efficient cleansing. Use
it to leave your skin
feeling refreshed in the
morning, and at night
to remove make-up
and impurities. It's a
beauty all-in-one,
packed in a generous
400ml bottle.



Garnier Micellar Cleansing Water (rrp £4.99, 400ml) is available at retailers nationwide.

THE LASH PREP

L'Oréal Paris False Lash Telescopic Mascara, £10.99, is amazing, and I always have eyelash curlers handy [try Bobbi Brown Gentle Curl Eyelash Curler, £18]. For impact, I add Cheryl for Eylure False Eyelashes in Belle of the Ball, £5.95.

#ELLEBEAUTYCUPBOARD

THE FRAGRANCE

It was a long process, but Cheryl StormFlower, £23.95, has my stamp all over it. It's a delicate floral scent, with notes of nectarine and sandalwood. I've wanted to create a fragrance for ages, so I'm like: 'Finally!'

THE SUN PROTECTION

I used to wear SPF6 - really pointless! Now I know how much damage the sun can do to your skin, I religiously wear SkinCeuticals Sheer Mineral UV Defense SPF50, £31.

THE DESERT ISLAND ESSENTIAL

I hoard beauty products, but if I were to take just one, I'd want a thick, buttery moisturiser, like Crème de la Mer Moisturizing Cream, £105.



E45 Lotion

THE HAIR TREATMENT

I do a Pureology Strength Cure Restorative Masque, £18.85, at home. I then dry my hair upside down and put it in a topknot, so the next morning my hair has a natural curl. I fix the look with L'Oréal Elnett Satin Hairspray, £6.60.

THE BEDTIME RITUAL

My skin takes a battering on shoots, so sometimes I'll strip my regime right back and wash my face with a flannel, then slather on E45 Dermatological Moisturising Lotion, £4.85.

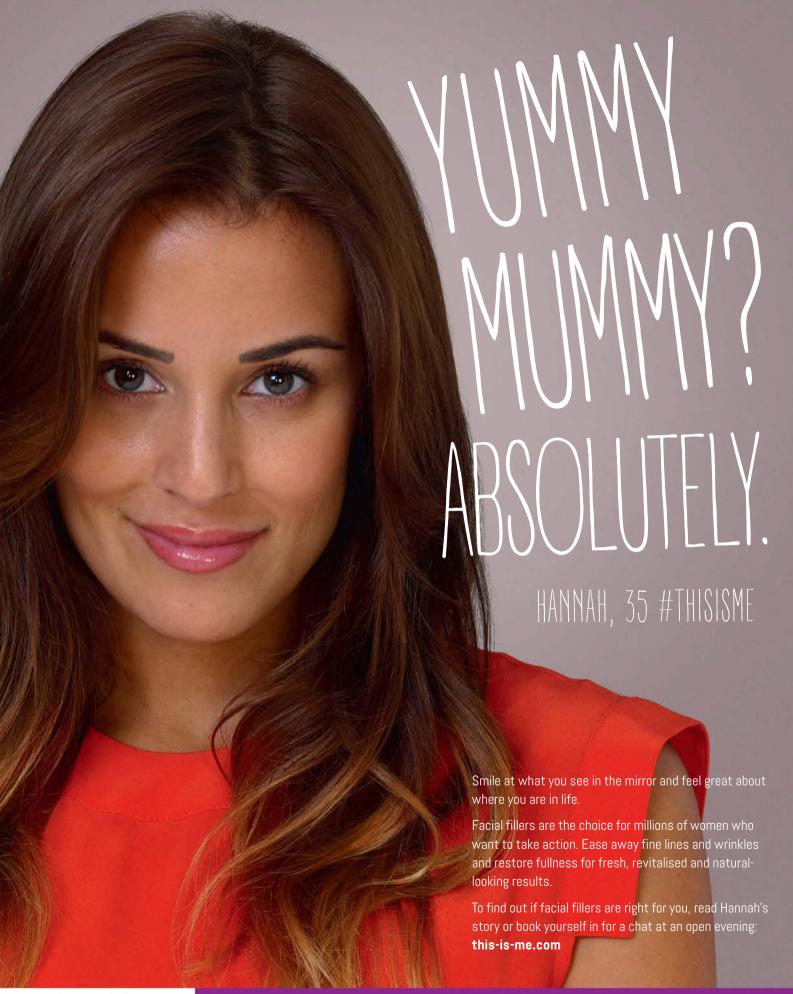
THE PAMPERING TREAT

On days off, I laze around in pyjamas and apply a face mask. I'm using SkinCeuticals Clarifying Clay Masque, £53, at the moment. I've also discovered Bliss Triple Oxygen Instant Energizing Eye Mask, £40; the patches instantly cool and make you look less puffy.



Chery She hoards beauty products, but keeps coming back to a £5 moisturiser. Here, we reveal the X Factor star's beauty essentials

chart Cheryl's hair evolution



Juvédermi

#ELLERUNNINGCLUB



Festive feasting doesn't have to derail your fitness, says Associate Health & Beauty Editor Amy Lawrenson

Last festive season, determined to test my willpower, I avoided calorific canapés in favour of the odd satsuma and handful of walnuts (now that was a dull December). This Christmas, so I can bury my face in a tub of Quality Street guilt-free (and avoid the urge to detox come January), I plan to keep my workout momentum going. If you want to follow suit, here is my advice:



#ELLERUNNINGCLUB

Sign up for the **ELLE Running** Club newsletter to get exclusive tips and offers direct to your inbox. Feel the force.

1. Make your workouts a social thing. Take a tip from Rosie Huntington-Whiteley and call on your friends to boost your workout. 'I go [to classes] with my girlfriends,' Rosie told me, 'and we have a really fun time.' At ELLE, we train (and chat) as a group every Wednesday lunchtime (see @ELLEUKrunning). So get some group workout dates in the diary now.

2. Get nostalgic. If you loved ballet as a child, then relive the days when you got competitive about the volume of your tutu. Try Sleek Technique's Ballet Body Box Set, £24.99 - DVDs that prove ballet moves can

carve a killer physique.

3. Hit things. December is fun, but stressful. So grab a friend (see tip one), some boxing pads and gloves and give this workout by Joe 'The Body Coach' Wicks a try. Do the following boxing moves, with short sprints in between: punch straight for 20, sprint, punch for 30, sprint, punch for 40, sprint. Move on to punching with a twist (good for carving abs) and shooting uppercuts following the same pattern. Sculpted arms, abs and stress relief in one. Boom!



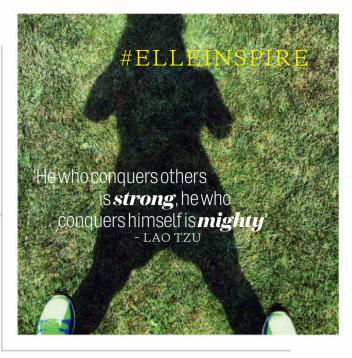
What's your top post-workout treat? Tweet us your tips and join the conversation@ELLEUKrunning



THE MONTH Primrose's Kitchen's Raw

Vegetable Muesli, in Carrot, Apple & Cinnamon or Beetroot & Ginger, £5.95 each. Just as delicious as muesli, but without the high sugar content.





Christmas: time to eat, drink and be... fitter. Our three-step plan makes workouts just as fun as the festivities

By Amy Lawrenson

YOUR STYLE PB

Launched by stylist Natalie Dale, stylepb.com is a spot-on edit of the best fitness kit out there. Dale had the idea when she was training for the 2013 London Marathon and couldn't find stylish sportswear online. ELLE loves...



1 Nylon and elastane bra, £65, No Jiggle. 2 Viscose body, £65, Pepper and Mayne. 3 Cotton jumper, £129, Every Second Counts. All at stylepb.com

TRY IT

For ELLE's healthy canapés, head to elleuk.com/beauty



INNER BEAUTY

185

ARM TONER

'To get your arms in shape, you need to really challenge them. Super setting - working different muscle groups with no rest in between - does this effectively. For instance, alternate three sets of military presses with three sets of tricep kickbacks using a moderate weight.' Welterweight boxer Holly Lawson (@lilbearlawson), who trained Rosamund Pike for her role in Gone Girl

Join Team ELLE! #ELLEFit

You can come and work out with us at fun fitness events we're holding in January. First up are Introduction to... Pilates classes on 13 January at every Sweaty Betty store nationwide. Then try a yoga class at the Shangri-La Hotel at The Shard, London, on the 52nd floor, on 27 or 29 January. For details and to sign up, visit elleuk.com.



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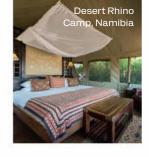
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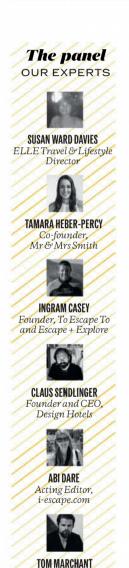
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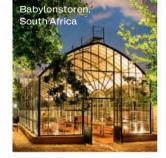
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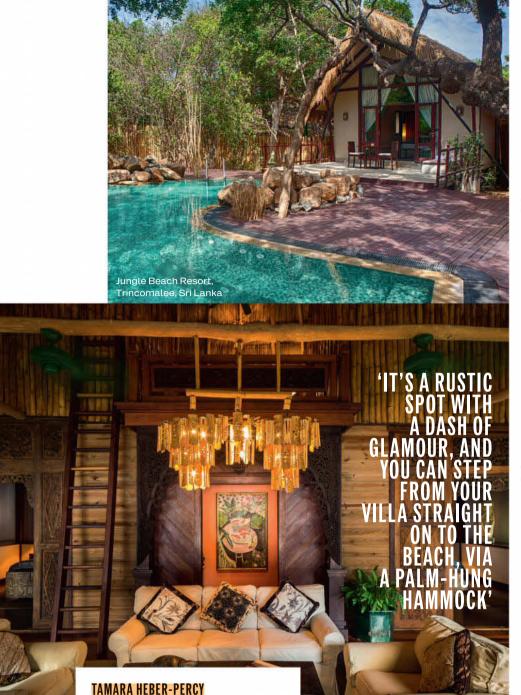
Grootbos, Gansbaai, South Africa

The spa pool at

Babylonstoren, South Africa

This stylish eco hotel overlooks Walker Bay on the whale-watching coast of South Africa, two hours south east of Cape Town. Meaning 'big forest' after the surrounding ancient milkwood trees. Grootbos has 27 rooms divided between the Garden Lodge and the Forest Lodge, some with private pools, and all with lots of art, spectacular bathrooms, wood-burning stoves for chilly nights and spirit-lifting views across the fynbos (heathland) to the ocean. Here, it's all about the food (just-caught fish and hand-picked organic produce from Grootbos' Growing The Future gardening project) and the great outdoors. You can ride horses along the beach, plant and name a sapling in the grounds, clamber into a dinky four-seater plane to swoop over the ocean looking for sharks, seals, dolphins (and whales from June-December), or take a Jeep ride along a bumpy coastal track for sundowners on a wavelashed rock. But sometimes you just want to chill on your private deck and watch the sunbirds flitting across the pool. Buitekant Street, Gansbaai, South Africa; +27283848053; grootbos.com. Doubles from £248, full board, including selected activities.





9 @SMITHHOTELS

follies just for couples, tucked away in the walled garden, with incredible views of the grounds and the sea. *Manor Road, Studland, Dorset*; 01929 450288; mrandmrssmith.com. *Doubles from £139*, B&B.

Turtle Inn, Stann Creek, Belize

If you are looking for the ultimate relaxed beach retreat, you will love Turtle Inn, one of film director Francis Ford Coppola's trio of Central American lodges. It's a rustic spot with a dash of glamour, and you can step from your villa straight on to the beach, via a palm-hung hammock. If you're after entertainment, mariachi bands and Garifuna dancers perform regularly at the (excellent) restaurant, and some of the world's most mindblowing dive sites are close by. Stann Creek, Belize; +501 523 3244; mrandmrssmith.com. Doubles from around £234, B&B.

Jungle Beach Resort, Trincomalee, Sri Lanka

Sri Lanka is very much on the up and with direct flights from the UK, it's now more accessible than ever. The Jungle Beach Resort is in a remote rural village on a very private beach. This is barefoot luxury twinned with utter escapism - the definition of castaway chic. There's even a treehouse-style restaurant hidden among the exotic foliage. Of the rooms, number 15 - a secluded cabin - is my favourite. Pullmudai Road, Kuchchaveli, Trincomalee, Sri Lanka; +94 26 567 1000; mrandmrssmith.com. Doubles from £147, B&B.

The Pig on the Beach, Dorset, UK

Co-founder, Mr & Mrs Smith

This mini-chain of luxurious but affordable hotels are fast becoming the hottest properties on the weekend scene. This outpost, opened last year, is a revived 16thcentury manor house on the clifftop above Studland Bay. As with all the Pig hotels, it takes its food seriously, with an amazing kitchen-garden menu. But the delightfully offbeat rooms in the grounds are, for me, the main attraction. Harry's Hut is a quirky but beautiful set of corrugated metal cabins with a wooden deck and log burner - the ultimate glamping experience. There are also two split-level converted dovecotes (The Bothy and The Lookout), which are thatched



Turtle Inn, Stann Creek, Belize

y @TOESCAPETO



INGRAM CASEY

Founder, To Escape To and Escape + Explore

■ Asali Suite, Matemwe Beach Village, Zanzibar

While Zanzibar has seen countless designer upgrades over the years, somehow the Asali Suite has stayed under the radar. Part of a diving lodge on one of the country's finest beaches, Asali is a large, round, thatched hut hidden in lush vegetation just 20 metres from the Indian Ocean. Not only does it have a luxurious al-fresco living area and plunge pool, but there's a private chef to rustle up dinner in the outdoor kitchen. Matemwe Beach Village, Zanzibar; 020 7060 6747; toescapeto.com. Hut (sleeps two) from £260, half board (includes private chef).

African Perfection, Jeffreys Bay, South Africa

Jeffreys Bay (aka J-Bay), is home to Supertubes, one of the world's top five surfing breaks. Even if you don't surf, watching line after line of perfect, 200-metre-long waves roll in is awesome. The challenge for the discerning surfer is not just getting 'slotted' inside one of these perfect tubes, but finding a pad to match the quality of the wave. The African Perfection guest house overlooks Supertubes and, if you climb the wooden staircase, you'll reach a quite unexpected open-plan, Balinese-style penthouse with a wraparound balcony. From here,

you have uninterrupted views of the waves, which are so close you can hear the surfers holler as they disappear behind a wall of water. 20 Pepper Street, Jeffreys Bay, South Africa; +27 04 2293 1401; africanperfection.co.za. Penthouse (sleeps four) from £98, B&B.

The Tool Shed, Constantia, South Africa

This may be a converted outhouse, but it is in Cape Town's most exclusive (and expensive) wine valley - so it is definitely not your average garden shed. You get your own kitchen, indoor and outdoor dining areas as well as use of the garden and pool in the main house. The interior is an eclectic mix of Cape Town design with quirky touches, including toiletries in an old toolbox and a work bench that doubles as a desk. Willow Street, Constantia; 020 7060 6747; escapeexplore.com. Shed (sleeps two) from around £100, room only.

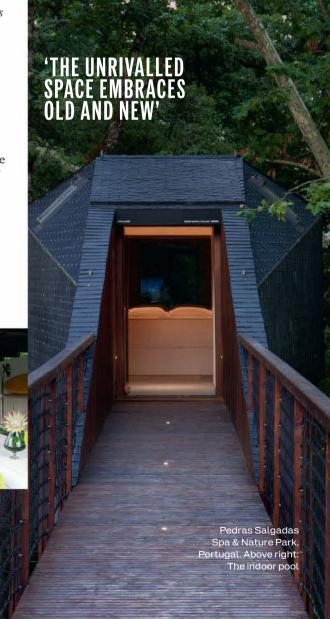
Kaya Mawa, Lake Malawi, Malawi

The Kaya Mawa resort has rooms and houses scattered across the beach, the hillside and even on a small island, but the Nkwhazi suite is my favourite. Perched at the highest point of the resort, it gives 180-degree views over the lake towards Mozambique. Completely private, the three split-level decks and plunge pool make this a perfect hideaway. Best of all, the (secluded) al-fresco bathroom is the ultimate loo with a view. 79 Likoma Island, Malawi; 07453 326398; kayamawa.com. Doubles from around £400, full board, including some activities and transfers.

The Tool Shed,

Constantia, South Africa







CLAUS SENDLINGER

Founder and CEO, Design Hotels

Eremito, Umbria, Italy

On a remote hillside in Umbria, Eremito hotel is set in 3,000 hectares of protected natural reserve. The innovative and sustainable building was inspired by monasteries, so there is only a single bed in each of the 14 celluzze (cells). The aim is to give guests plenty of quiet and space to retreat from the modern world. Localita' Tarina 2, Parrano, Umbria, Italy; +39 76 389 1010; designhotels.com. Singles from around £166, full board.

Pedras Salgadas Spa & Nature Park, Bornes De Aguiar, Portugal

In this centuries-old park laced with mountain bike trails, Pedras Salgadas is made up of 12 modular eco-houses, two treehouses and one cottage, all designed by the renowned architect Luís Rebelo de Andrade. The focal point of the hotel is a 19th-century thermal spa renovated by Álvaro Siza Vieira, who has created an unrivalled space embracing old and new. Bornes De Aguiar, Portugal; +800 3746 8357; designhotels.com. Doubles from around £100, room only.

ABI DARE

Acting Editor, i-escape.com

Pianaura Suites, Marano di Valpolicella, Italy

Topping a hill in northern Italy's Valpolicella wine region, this bijou B&B occupies twin 17th century farm buildings that have been





lovingly restored by owners Mara and Filippo. One is now their dream home; the other houses two stylish guest suites and a breakfast room/ lounge. Lake Garda and Verona are only a short drive, but it's hard to tear yourself away from the herb-scented gardens, outdoor hydrotherapy pool, shaded pergolas and mesmerising views. Via Pianaura 7, Marano di Valpolicella, Verona, Italy; +39 32 94944884; i-escape.com. Doubles from £109, B&B, including Wi-Fi and a daily carafe of local wine.

Imani Country House, Évora, Portugal

This converted farm sits among orange groves just outside the Unesco-listed city of Évora, in Portugal's beautiful Alentejo region. There are seven airy rooms and suites in the former stable block, all with old beams and stone hearths. You can easily nip out to Évora's restaurants, Roman ruins and whitewashed old town, but this is a place to kick back and relax. Hammocks are strung between the trees, a wine-stocked honesty bar sits under a shady pergola, and there are two al-fresco pools bordered by fragrant lavender and citrus blossom. Quinta de Montemuro, Guadalupe, Évora, Portugal; +351 92 561 3847; i-escape.com. Doubles from £106, B&B.

Ion Hotel, Thingvellir National Park, Iceland

Amid the lunar-like landscape of the Thingvellir National Park, Ion's stilted, concrete-covered façade is striking. It's just as eye-catching inside, with minimalist rooms, a restaurant serving super-fresh Icelandic food (Arctic char with pickled cucumber or pan-roasted scallops with risotto), and a spa with a steaming thermal pool. Plus, if you're lucky, you might catch the Northern Lights through the bar's floor-to-ceiling windows. Nesjavellir vid Thingvallavatn, 801 com. Doubles from £142, room only.

Selfoss, Iceland; +354 482 3415; *i-escape*.

Ion Hotel, Iceland



Eremito, Umbria, Italy







TOM MARCHANT

Co-founder, Black Tomato

The Wickaninnish Inn, Tofino, Canada

Overlooking Chesterman Beach on Vancouver Island (a 45-minute flight from Vancouver), 'The Wick' is a relaxed coastal hideaway. Feast on fresh oysters and Tofino salmon straight from the sea in the scenic Pointe restaurant. In summer, the beach is a surf mecca and you can take kayak tours to spot black bears catching fish. In the winter, snuggle up by the fire and watch the dramatic Pacific storms roll in. Osprey Lane, Chesterman Beach, Vancouver Island; 020 3740 2872; blacktomato.com. Doubles from £176, room only.

🏴 Maçakizi, Türkbükü, Turkey

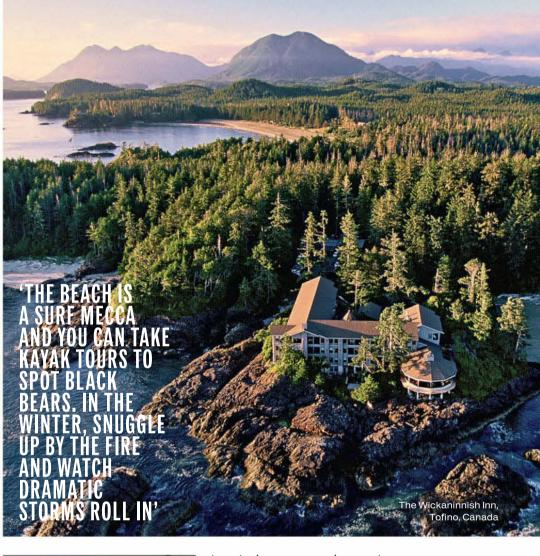
Dubbed the Turkish Saint-Tropez, Türkbükü has blossomed from a humble fishing village into the latest jet-set haunt. But it hasn't lost its traditional charm, and Maçakizi is the rustic jewel in its crown. The 74 hilltop rooms and suites are light and spacious, with openplan bathrooms and rain showers. I love the authentic Turkish hammam, sunset yoga sessions, Mediterranean food, and spending lazy days on the wooden decks. Türkbükü, Bodrum, Turkey; 02037402872; blacktomato.com. Doubles from £249, half board.

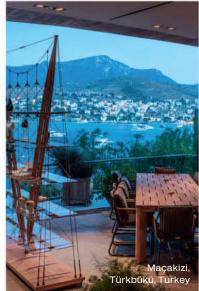
Fundu Lagoon, Pemba, Zanzibar

On the idvllic island of Pemba lies the laid-back beach resort of Fundu Lagoon. At the 18 tented, safari-style suites, all with endless views of the Indian Ocean, you're constantly surrounded by the sights and sounds of nature. Don't miss canoeing through the mangrove swamps or sunset cruising in a traditional *dhow* (boat) to spot dolphins. The island is surrounded by some of the best coral reef in Africa, so diving is second to none. Pemba Island, Zanzibar; 020 3740 2872; blacktomato.com. Doubles from around £400, full board, including selected activities.

Desert Rhino Camp, Palmwag Reserve, Namibia

Palmwag Reserve, Namibia The eight-tent Desert Rhino Camp





is set in the remote northern region of the Palmwag Concession, surrounded by vast desert. It is home to the largest free-ranging population of black rhino on the continent, as well as desert lions and elephants. As the evening sets in, huddle around the campfire for dinner before having an astronomy lesson where the stars are brightest. Desert Rhino Camp, Palmwag Reserve, Damaraland, Namibia; 020 3740 2872: blacktomato.com.

Reserve, Damaraland, Namibia, 020 3740 2872; blacktomato.com. Tents from £400, full board, including activities.

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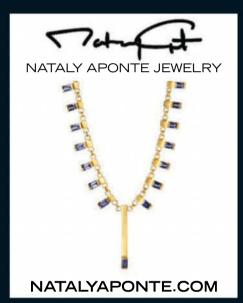
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NON-SURGICAL LIFTING IS HERE JUST IN TIME FOR CHRISTMAS

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Everyone will want to know about the mystery of your great sparkling new look!

Are you bothered by a saggy jawline or droopy brow? Has your skin started to lose its youthful resilience and bounce? If you feel as if you look older and more tired, but you don't want the risks and expense of a surgical facelift, then it could be the right time of year to give yourself the present you deserve and have the new and exciting Double Lift that everyone is talking about and will soon be on all of our Christmas lists!

Produced exclusively to the UK by top cosmetic doctor George Roman the Double Lift makes use of a really amazing technique comprising a total non-invasive treatment that uses the power of High Intensity Focussed Ultrasound (HIFU) to lift both the skin and the deep SMAS muscle layer that has previously only been reached by surgical facelifts. During the Double Lift procedure, warm pulses of HIFU energy are delivered deep under the skin, causing the muscle layer to contract, while the gentle heat also stimulates fresh new collagen close to the surface, making skin firmer, brighter and more elastic. Immediately jowls and double chins seem tauter, cheeks appear plumper, eyes look more open, and results continue to improve for up to three months. Roman says, "This is a true breakthrough, For the first time I can offer my patients a truly effective and amazing new treatment that lifts both the deep structure of the face, and treats superficial sagging at the same time. I can treat the face from the brow to the neck and décolletage. You may have heard that other types of ultrasound face lifting treatments are extremely painful but this advanced, second-generation technology delivers energy over a wider area so it feels far more gentle. The effects of the Double Lift are noticeable, but also subtle. You just start to look younger and fresher."

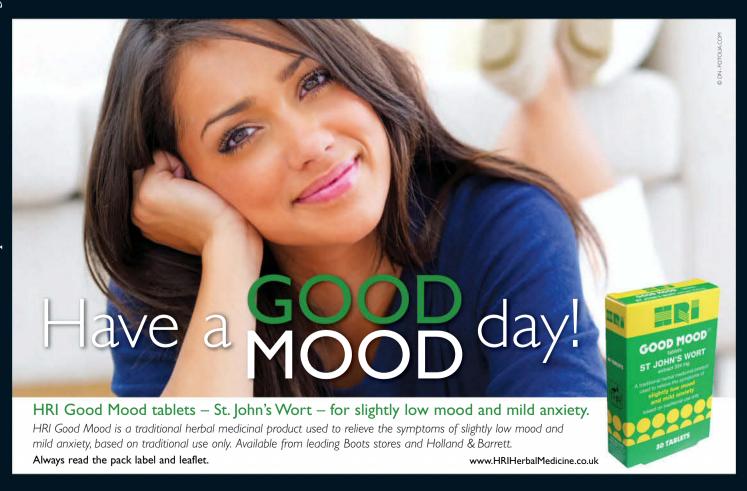
Ultrasound has been used in medicine for many years, including in pregnancy scans and, says Dr. Roman, "As part of the Double Lift, high quality Ultrasound images on a computer screen allow me to see inside the skin so that I can precisely tailor each treatment to the individual patient to the best possible effect. Most of my patients have nothing more than a little temporary redness afterwards, and return to work or daily life straightway.

Dr. Roman is in high demand for this particular technique and in particular at this time of year when we all want to look our best for the end-of-year festivities so to find out if the Double Lift is right for you contact Dr. George Roman today

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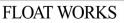
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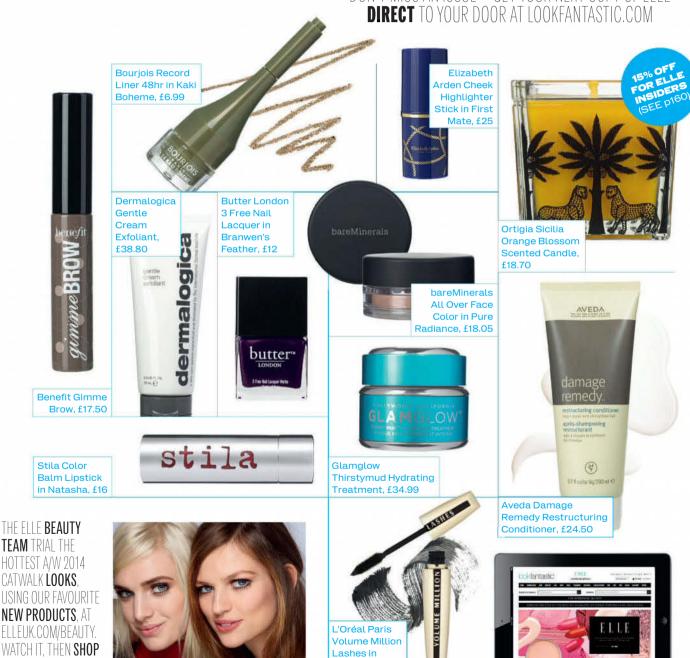
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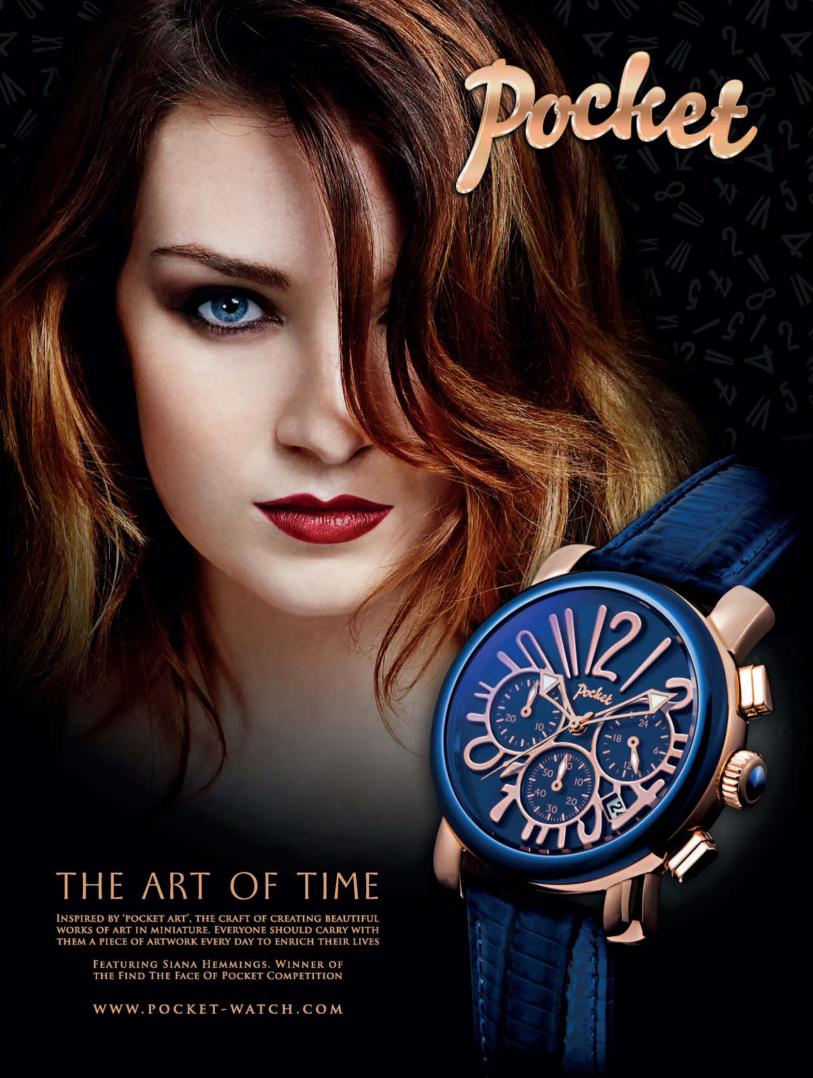
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